



Bucket Fillers

PO BOX 255, BRIGHTON, MI 48116
PH: 810-229-5468 FX: 810-588-6782
WWW.BUCKETFILLERS101.COM

Making a Difference

December 2010
PRESENTATION UPDATE
Sessions: 18
Attendance: 3,400

- Angell Elementary, Berkley, MI
- Brighton High School, Brighton, MI
- East Elementary, Cheboygan, MI
- Harvest Elementary, Saline, MI
- Mitchell Elementary, Ann Arbor, MI
- Myers Elementary, Taylor, MI
- Nellie Reed Elementary, Vernon, MI
- Thornton Creek Elementary, Northville, MI
- West Elementary, Cheboygan, MI
- Whiteford Elementary, Toledo, OH

Total Bucketfilling sessions taught through December 31, 2010

Sessions: 1,730
Attendance: 247,200

Bucket Chuckles

Have you ever wondered?

- Why the sun lightens our hair, but darkens our skin?
- Why don't you ever see the headline, 'Psychic Wins Lottery'?
- Why is 'abbreviated' such a long word?
- Why is lemon juice made with artificial flavor, and dish washing liquid made with real lemons?
- Why is the man who invests all your money called a broker?



Bucket Fill-osophy 101™

WEEKLY WORDS OF WISDOM TO KEEP YOUR BUCKET FILLED

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WEEK OF JANUARY 2, 2011

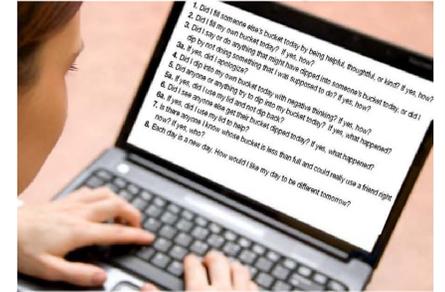
30 Days to Your Happier Life

Bucket Nuggets by Carol McCloud, the Bucket Lady

Happy New Year!

In our December 19th e-newsletter, I mentioned that we have published a companion journal to accompany our third book, "Growing Up With a Bucket Full of Happiness". I explained that we wanted the journal to provide a way for people to examine their behavior and discover the path to a happier, more bucketfilling life.

I also mentioned that the journal pages have been posted on our website, and recently began to wonder how many of you downloaded those pages, and are in the process of reviewing them each day. If you planned to, but haven't done so yet, I thought I'd make it even easier for you and put the Journal questions below. Just print this page or save a copy on your computer desktop and pull it up for each evening's evaluation. Answer "yes" or "no" to each question. A pencil or pen are not required, however, frank and honest answers are.



Ask yourself these eight questions at the end of each day, for the next 30 days, in order to heighten your awareness of your daily words and actions, help you discover whether you are bucket filling or bucket dipping, and keep your bucket full.

1. Did I fill someone else's bucket today by being helpful, thoughtful, or kind? If yes, how?
2. Did I fill my own bucket today? If yes, how?
3. Did I say or do anything that might have dipped into someone's bucket today, or did I dip by not doing something that I was supposed to do? If yes, how?
 - 3a. If yes, did I apologize?
4. Did I dip into my own bucket today with negative thinking? If yes, how?
5. Did anyone or anything try to dip into my bucket today? If yes, what happened?
 - 5a. If yes, did I use my lid and not dip back?
6. Did I see anyone else get their bucket dipped today? If yes, what happened?
 - 6a. If yes, did I use my lid to help?
7. Is there anyone I know whose bucket is less than full and could really use a friend right now? If yes, who?
8. Each day is a new day. How would I like my day to be different tomorrow?

If you would like to share your thoughts on your journal experience we'd love to hear from you.

The Journal pages, along with the questions, can be downloaded at:
<http://www.bucketfillers101.com/publications/resources.html>

Congratulations!

Emily Geizer, of Durham, North Carolina, is this week's bucket filler of the week. Congratulations, Emily! You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com.



Quote of the Week

"We know what we are, but know not what we may be."

- William Shakespeare