



BUCKET FILL-OSOPHY 101™

Weekly Words of Wisdom to Keep Your Bucket Filled

Volume 5, Issue 13

Week of August 28, 2011

I wrote this lesson in mid-August seated on a plane headed into Detroit, Michigan.

My 6 a.m. flight from Shenandoah, Virginia to Washington, D.C. had been canceled and the airline had hired a small bus to drive a group of passengers 90 miles to Washington, D.C. where we could catch a connecting flight home. I considered this a "minor dip" and I used my lid to deal with it in an adult manner. I didn't complain, grumble, or criticize. I didn't dip into anyone's bucket.

Unlike most of the other bus passengers (who were obviously unaware that they have buckets or lids), I knew that I could choose to handle this unexpected change in plans in one of two ways: I could whine and complain (which would not help) or I could use my lid and adjust to the inconvenience.

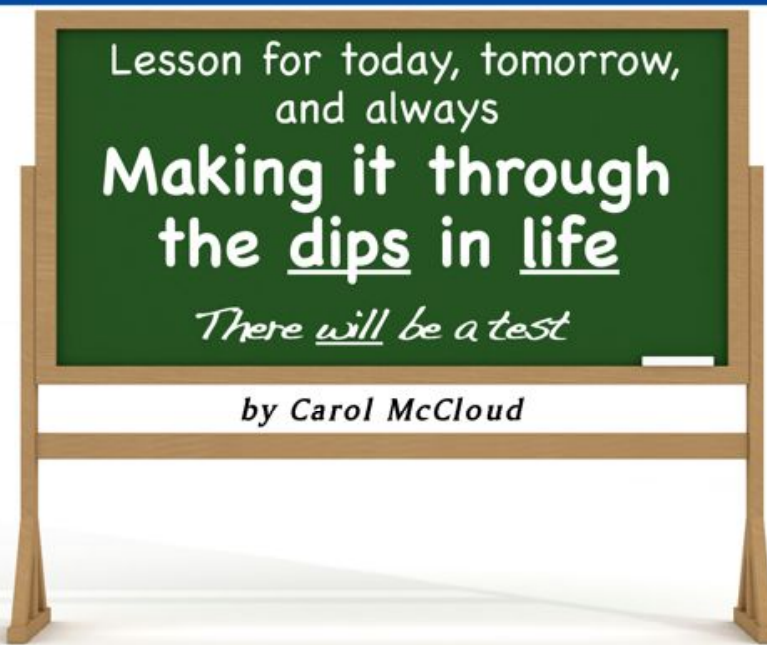
I simply refused to let the situation upset me or cause me to become angry and negative. I knew that if I remained calm and used my lid, I would be able to keep my good thoughts and feelings in my bucket.

How can you achieve a calm outlook when you are in the middle of a minor dip?

It's best to examine your thoughts and feelings and eliminate any that are negative, make an effort to put things in perspective, and, yes, look for whatever good you can find in the experience. In my case, I found three positives: We were safe, the airline was doing its best to accommodate us, and we would reach our destination in spite of being somewhat uncomfortable and a little late.

It's possible to overcome a minor dip when you understand that you have a lid, refuse to react negatively, think more clearly, calmly examine your feelings, and make a sincere effort to understand the situation from all sides.

Even children can be taught to control their thoughts and behavior.



My day wasn't ruined, in fact, I had a better day because of the experience. I emailed our newsletter editor, Glenny, to adjust our appointment time, and I sat back and watched the beauty of the day unfold as the morning sun rose about a tree-covered mountainside. And, because I didn't let what had happened bother me, I didn't have to share my "sad" story by venting to the next ten people.

The concept of the bucket lid continues to

help me deal with life and live as a bucket filler. I've discovered that as my understanding of the lid continues to grow, fewer things bother me. I know I have a choice about how I handle the upsets in life. You, too, have a choice on how you handle your minor, or even major dips.

As we begin a new school year, I'm sure many of our readers would admit that their buckets have been dipped. Many educators are experiencing reductions in salary and benefits, significantly larger classes, increased pressures from standardized testing, and numerous other challenges within the current educational system.

And, then there are teachers who are unable to find a position. Many parents are struggling to support and preserve their families. While these challenges can dip into your bucket, it is my sincere hope that you will make the time to keep your bucket filled and to maintain an encouraging and positive attitude so that you can teach your children what it is to be a bucket filler even when times are difficult. In spite of the challenges we face, children need bucket fillers at home, at school, and in their communities.

Be a bucket filler!

Making a Difference

Congratulations Brandon!

Total appearances by the
Bucket Fillers Team
September 2006 to September 2011
Sessions: 2,036

Attendance: 302,740*

* Visit our website for a complete list of bucketfilling schools and organizations.

Brandon Rivard, a fifth-grade student in Anchor Bay, Michigan, is our bucket filler of the week. 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

Words of Wisdom

"Do what you can, with what you have, where you are." — *Theodore Roosevelt, 1858-1919*