



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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Filling Buckets With Holiday Joy

By Carol McCloud

Bucket fillers know that kindness begets kindness. They know that if they want to put more joy into their own lives, they simply put more joy into the lives of others. Are you looking for more joy in your life, i.e. a fuller bucket? I have a few suggestions that will help enhance your joy during this traditional season of giving.

Daily bucket filling is the simplest, easiest and most important part of bucket filling. Every day has 86,400 seconds in which to fill a bucket. Daily bucket filling costs nothing. It can involve giving someone a genuine smile, a friendly hug, a thoughtful compliment, a sincere greeting, or a heartfelt thank you. Become aware of the

people around you; show respect by letting them go ahead of you, holding the door for them, or using their names.

There are also **special acts of kindness** that you can include in your holiday season. Give someone your time, a gift, or both. These acts of kindness are special because they are not necessarily things you do every day.

Here are good examples for filling some extra buckets with special acts of kindness while you're out shopping for the people you love:

- Drop some coins or dollars into the Salvation Army's red kettle. Your donation will support this wonderful organization during its annual fundraiser to help feed families throughout the coming year.
- Instead of buying yourself a cup of coffee, buy a bag of wrapped mints and keep a them in your pocket or purse to offer to people: the store greeter, cashier, waitress, or the person waiting in line behind you.
- The next time you visit your favorite fast food restaurant, why not buy a meal for the family behind you or surprise them with a \$5 gift card? I recently heard about an older gentleman who approached the table of eight friends who were gathered at a restaurant for dinner. He said, "Enjoy your dinner, ladies," as he placed four \$100 bills on the table and walked away. The friends used part of his surprise gift to pay for their meals and leave a substantial tip. Then they agreed to pay the remainder forward (more than \$200) to their church charity. Kindness begets kindness.
- Think of one person who matters to you. Write a minimum of ten specific reasons why this person is so special to you on sheet of paper and enclose it in a holiday card. As we say in our first book, *you love them ... why not tell them why?* We call this "big-time bucket filling" and it's one of the best gifts you can give.

And finally, consider creating a new holiday tradition this year. Make it a bucketfilling one that will spread joy throughout your family and flow out into your world and beyond.



Making a Difference

The Bucket Fillers Team has visited
**754 bucketfilling schools
and organizations in
36 states and provinces**
from September 2006 to
November 2011

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

Designed and edited by Glenny Merillat

Congratulations Cheryl

Cheryl Mudd, Special Education Teacher, of Evansville, Indiana, 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 all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can." - John Wesley