



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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A Recipe for the Holidays

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The holidays are filled with giving, love, laughter, nostalgia, and **food**. I'm sure you have a number of wonderful recipes for main dishes, pastries, and sweets that have been handed down through the years.

A plate of cookies given to a neighbor, a casserole taken to a holiday party, a box of fudge made with grandma's recipe and given to friends, these not only fill buckets, they allow us to remember the people who first shared them. We, in turn, have received recipes and passed them along to our family and friends.

Recipes do more than nourish our bodies; they fill our buckets, especially during the holidays, with images of special places and the wonderful people who passed them on to us.

Let's leave the kitchen for a moment and consider what ingredients you will need to prepare a memorable bucketfilling holiday. I've given this some thought and I think it's important to recognize that a bucketfilling celebration should be stress-free, for everyone. Patience will keep buckets brimming and set the tone for the days of preparation and on the holiday itself. Be aware of the time and needs of others as well as yourself. Stay calm and centered.

1. First on your to-do list: Practice positive thinking throughout the holidays. Add at least twice the positive self-talk to neutralize any negative or stressful thinking that may crop up.

2. Shopping: While you are waiting in a long line at the store, don't fret; you've been given a bucketfilling opportunity to engage in holiday small-talk with other shoppers. Do a few subtle breathing and resistance exercises, take this time to appreciate your health and ability to be present in the moment, or mentally create a "gratitude" list. If you anticipate extremely long lines and you have a good book, take it along and read while waiting.

3. Wrapping: When wrapping your gifts, add a bucketfilling expression of gratitude or appreciation to each tag. Kind words are remembered long after material things are gone.



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4. Take time to be kind: Being kind is the foundation of bucket filling and as we all know that for every act of kindness two buckets are filled. Holidays can be a challenge to many. Take the time to notice who needs a bit of help: Perhaps an elderly neighbor with a snow-filled sidewalk, someone who is alone on the holiday, or someone who is grieving a loss.

When you fill your own bucket and the buckets of those around you with patience, gratitude, and loving thoughts this holiday season, you will have no regrets and the memories you make will be as lasting as those recipes from days gone by.

Happy Holidays and Happy Bucket filling.

Bucket Chuckle



Parent to child: Why does your geography test have a big zero over it?

Child: It's not a zero, the teacher ran out of stars, so she gave me a moon instead!

Designed and edited by Glenny Merillat

Congratulations, Renee!

Renee Kihne, of Brewerton, New York, 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

*"As we need food, so do we need emotional nourishment: love, kindness, appreciation, and support from others."—
J. Donald Walters Romanian author, lecturer, composer*