



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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A Wish Comes True

By Caryn Butzke, Bucket Fillers' Business Manager



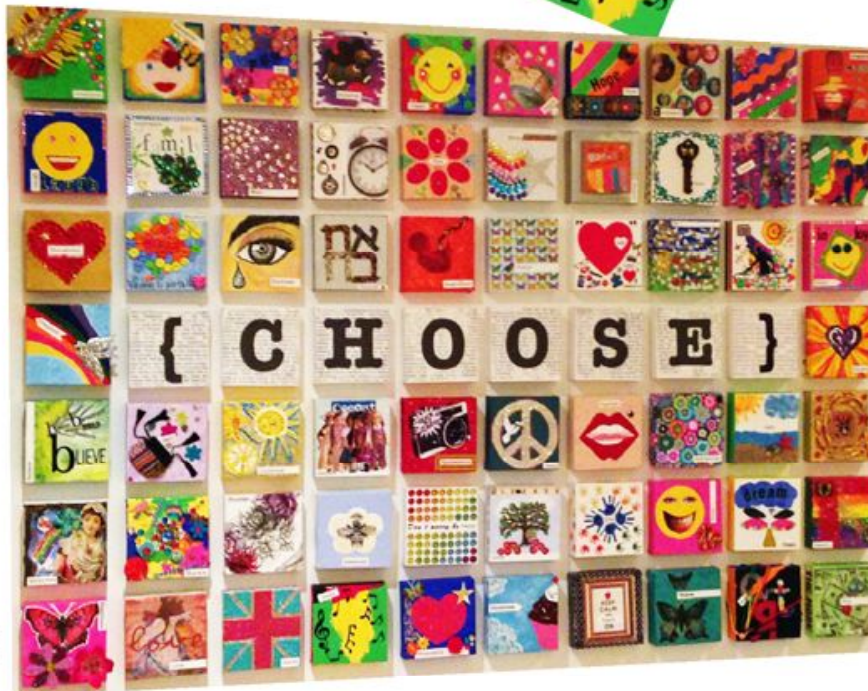
We all have things in life we wish for and goals we want to accomplish. As a little girl, Sandy Glass always thought about accomplishing something big by the time she turned 40. At the time, 40 seemed so very far away.

As the years passed, Sandy became an artist, wife, and mother of two beautiful children, now 8 and 6, with one being on the Autism spectrum. Living in Miami, Florida, Sandy and her family are very active in their Autism community, UM-CARD (University of Miami Center for Autism & Related Disabilities), and The Dan Marino Foundation.

"We're always trying to create awareness and reminding people of the importance of early intervention," she said.

As her 40th birthday approached, Sandy knew she wanted to do something extra special with her family and friends to celebrate. She went to her local bookstore, looking for some inspiration for an idea she had. That's when she came across the book, *Have You Filled a Bucket Today?* It was exactly what she needed — a fun, simple way to convey what she wanted to say.

Sandy gathered all her family and friends together. She had her mother read *Have You Filled a Bucket Today?* to everyone. She then had her daughter give each person a paper on which Sandy had written a word representing different good actions and thoughts — words like love, dream, believe, promise, freedom, etc. She also gave everyone a blank 5" x 5" canvas and told them to illustrate the word on their slip of paper and explained that their individual canvases would be combined into one large piece of art.



"Everyone's reactions to the project were indescribable and each person created an amazing work of art," she said.

Sandy assembled the squares to create a large square wall hanging with the word **{CHOOSE}** across its center row. When completed it was an inspiring and bucketfilling piece of art and a beautiful opportunity for people to see some of the many different ways that we can all *choose* to fill buckets each day.

The best part of it all? Sandy and her family will donate the groups' artwork to UM-CARD for auction this month at their annual gala. "It's such an honor to be a bucket filler," she told me.

The small wish that Sandy had as a little girl has turned into a very big accomplishment that has and will continue to fill buckets. I know her story filled my bucket ...did it fill yours, too?

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Designed and edited by Glenn Merillat

Congratulations, Sandy

Sandy Glass, of Miami, Florida, 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

"You must go after your wish. As soon as you start to pursue a dream, your life wakes up and everything has meaning." — Barbara Sher, business owner, career counselor, and best-selling author.