

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of September 1, 2013

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Self-esteem is not about self

Dear Fellow Bucket Filler,

The self-esteem movement basically began in the 1980s when psychologists became concerned that low self-esteem led to crime and school failure. Resources quickly poured into "I Love Me" programs designed to raise self-esteem, particularly in children.

The results of several recent studies debunk this 30-year-old movement and new research supports what bucket filling is all about. ***In order to feel good about yourself, you need to think less about yourself and more about others.***

As stated in the September/October 2013 issue of *Scientific American Mind*, "The pursuit of self-esteem through a focus on greatness makes us emotionally vulnerable to life's disappointments and can even lower our chances of success." On the other hand, "compassion, along with a less self-centered perspective, can motivate us to achieve while helping us weather bad news, learn from our mistakes and fortify our friendships."

If you're not convinced, go out and do something kind for someone and notice how good you feel about yourself. Fill a bucket.®

Keep filling buckets!

The Bucket Fillers Team

Our Bucket Filler of the Week*

Victoria Meyer from White Rock, British Columbia, Canada

*E-newsletter winners are randomly selected to win a free copy of our latest book, "Bucket Filling from A to Z!"



Bucketfilling Showcase



We visited **Ray Childers Elementary School** in Hickory, NC in April where Principal Becky Roach shines as the head bucket filler. Mrs. Roach has incorporated bucket filling in numerous ways, including daily announcements, staff meetings, and student and staff recognition.

We invite you to showcase your organization's bucket filling in our worldwide e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to info@bucketfillers101.com.