

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of September 15, 2013

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Bucket Fillers, Inc.
PO Box 255
Brighton, MI 48116-0255

Ph: 810-229-5468
Fx: 810-588-6782

Office Hours:
Monday - Friday
9:00am - 3:30pm



Stay Connected



Take care of your "whole" self

Dear Fellow Bucket Filler,

Taking care of your "whole" self means so much more than taking vitamins, eating right, or getting enough sleep or exercise. In addition to your physical health, caring about the health of your *bucket*, the mental and emotional parts of you, is actually *more* important than your physical health. Your bucket health greatly impacts your physical health. In truth: *What's eating you* is more important than *what you eat*.

Let's do a bucket check. Are you stressed, worried, resentful, or bitter? Are you angry, jealous, or depressed? Is your self-talk negative and self-effacing? If so, these are all signs of a less-than-full bucket that will damage your physical health much more than any junk food you eat. These negative feelings also destroy your ability to be a bucket filler because you can't be kind and bitter at the same time.

If your bucket check revealed low in good thoughts and feelings, care enough about yourself to seek help to better manage the issues that are dipping into your bucket. Make a choice to be better and not bitter.

To your bucketfilling success,

The Bucket Fillers Team

Our Bucket Filler of the Week*

Monty Carter, a teacher, from Brundidge, AL

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



Bucketfilling Showcase



Mesquite Elementary School in Yuma, AZ has a PTA dedicated to character development and bucket filling. This is one sample of many pieces of art that we photographed throughout the school in January.

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.