

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of January 5, 2014

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A Jar Full of Blessings

Dear Fellow Bucket Filler,

As the New Year begins, I hear many people say how glad they are to end 2013 and start fresh with 2014, because they can't remember anything good about last year. Then I think of my friend, Eileen.

Eileen told me last January that she was going to start a family Bucket Filling/Blessings Jar. This jar sat atop their refrigerator all year, with a small pad of paper and pen close by. Throughout the year, when someone in their family had their bucket filled in some way, they would write down a short note, with the date, and add it to the jar. Although any jar or bucket would work, a clear one is nice to see the accumulated notes. Like many, 2013 wasn't a perfect year for their family, but at a glance they could be reminded of the many people and things that filled their buckets.

In late December, Eileen's family went through and read aloud together all the notes they've collected from the year. Then they mailed a short thank-you card to the bucket filler responsible for each act, putting the dated note from the jar inside the card. My husband was one of their recipients. This simple act filled his bucket!

With a whole new year awaiting us and so many opportunities to fill buckets ahead, maybe we all need a jar to collect all the new bucketfilling memories 2014 will bring!

Wishing you a Happy New Year!
Jan Merz, Bucket Fillers Team Member

Our Bucket Filler of the Week*

Sarah Hensler from Washington, D.C.

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



Bucketfilling Showcase



This issue's picture was shared with us by Joy Cichy from **Townsend Elementary** in **Jackson, Michigan**. Each student colored their own bucket to post in the school's hallway, declaring they are each a bucket filler!

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.

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