

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

By: Carol McCloud

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Happier Living

Dear Fellow Bucket Filler,

Happiness is a full bucket. It's another way of saying we feel good about our lives. And, while no one is happy every moment of every day, there are many things we can do as bucket fillers that will create even more happiness for ourselves and for others.

Action for Happiness, a small, charitable initiative based in the UK, does work very similar to Bucket Fillers. Their goal, like ours, is to create a happier, more caring society. They understand that much of our happiness comes from our own actions and choices.

Their constructive, upbeat website, www.actionforhappiness.org, is loaded with research and information on happiness and features a list of ten keys to happier living that will help us keep our buckets full. You'll quickly see the connection to bucket filling and notice that the first letter of each happiness key spells GREAT DREAM:

Ten Keys for Happier Living

Giving -- Do things for others
Relating -- Connect with people
Exercising -- Take care of your body
Appreciating -- Notice the world around you
Trying out -- Keep learning new things

Direction -- Have goals to look forward to
Resilience -- Find ways to bounce back
Emotion -- Take a positive approach
Acceptance -- Be comfortable with who you are
Meaning -- Be part of something bigger

A free 28-page guidebook, available on their website, explains more about these keys and how you can use them to keep your bucket full this year and all the years to come.



Wishing you Happier Living,
The Bucket Fillers Team

Our Bucket Filler of the Week*

Nicholas Reinhold from Neptune City, NJ

*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 Ron Coutts, who designed and made this guitar, using our signature bucket. The guitar was presented to **Higgins Elementary** in **Chesterfield, Michigan**, in honor of their 5th grade class.

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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