

# Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of April 27, 2014

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## Stay Connected



## P is for Practice

Dear Fellow Bucket Filler,

*Practice is required for any skill you know.  
Fill a bucket every day and you'll become a pro.*

These are valuable words from the P page in our award-winning picture book, *Bucket Filling from A to Z: The Key to Being Happy*. Filling buckets every day is a habit that anyone of any age can develop with daily practice.

While the importance of practicing daily bucket filling is taught in each of our books, daily practice is expanded in *Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life* (written for ages 9 and up). Here, readers learn about the other two skills that keep your bucket full - not dipping and using your lid. The companion, *My Bucketfilling Journal: 30 Days to a Happier Life*, takes daily practice a step further with pages for daily self-reflection and journaling.

To help you practice daily bucket filling, we've posted both the daily self-reflection questionnaire and journaling pages on our website. We also have two versions of the *Bucket Filling from A to Z* list (a plain alphabetical list and one with check boxes), plus a 30-day bucketfilling pledge sheet. You can access each of these sheets on our [website](#). Why not practice daily bucket filling with your students during the last month of school? Or with your kids at home during the summer? Better yet, do it on your own and spread bucket filling throughout your community!

Keeping your bucket full every day is the key to happier living. While practice doesn't make perfect, it does make it more permanent. Permanent happiness . . . now that is a goal worth working toward!

Here's to happy practicing,  
Carol McCloud, The Bucket Lady



## Our Bucket Filler of the Week\*

Alanna Constance from Big Rapids, MI.

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

## Bucketfilling Showcase



This picture was taken at **Dorothy Nolan Elementary School** in **Saratoga Springs, New York**. What a fun way to celebrate bucket filling with their staff!

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](mailto:info@bucketfillers101.com).