



Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

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Happiness is a Full Bucket

Dear Fellow Bucket Filler,

I recently gave an adult presentation on happiness, what it is, and how to achieve it.

Since our children's books all have the words "happiness" or "love" in their titles or subtitles, they are as much about achieving happiness as they are about expressing kindness.

Our happiness or unhappiness depends on our choices. This is the message of our children's books and adult presentations and applies to anyone of any age.

When you choose to be a loving, caring, responsible and "response-able" person, you will experience true happiness. I've seen it happen again and again: Happiness happens when people become bucket fillers.

Happiness is not a pursuit. It is not about having; it is about thinking, being and doing. Can people who think only about themselves be truly happy? The short answer is, "No."

So, why not do something today to fill someone's bucket? If you choose to do this, you will go to sleep tonight with a happy heart. In other words . . . a full bucket.

May your bucket always be full,
Carol McCloud



Our Bucket Filler of the Week*

Gail Jenkins of Casper, WY

*E-newsletter winners are randomly selected to win a free copy of our latest book!



Bucketfilling Showcase

This week's picture was tweeted by Jessica Johnson, Principal, at the **Dodgeland School District** in **Wisconsin**. What a great bulletin board to welcome students back to school in the Fall!

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

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

The Bucket Fillers Team

Stay Connected



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