



# Bucket Fillosophy™ 101

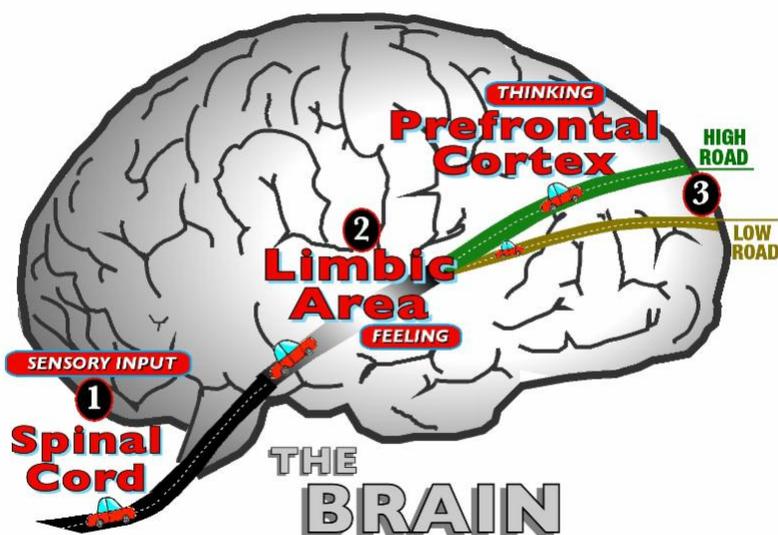
## Words of Wisdom to Keep Your Bucket Filled

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## The Road to Happiness

Dear Fellow Bucket Filler,

The bucketfilling concept, like the brain graphic below, is both simple and profound. It's simple enough for a child to understand and profound enough to be life altering. We use this graphic in our Bucket Fillers' presentations to illustrate how human brains are wired and why we feel, think, and act as we do. It also illustrates why we dip buckets and need our lids.



Notice that the roads go both ways. Sensory information comes in from the outside world through the spinal cord, reaches the mid-brain "feeling" center first, and then continues on to the frontal "thinking" center. Yes, we feel before we think. If the input triggers a strong, fearful feeling, it can shoot back an immediate response for action without any thought involved. This quick response is known as the "fight-or-flight" response.

If the information moves past the feeling center, it depends which road is more developed as to which path it travels to the thinking center. The **HIGH ROAD** is the bucketfilling, problem-solving, solution-seeking road which leads to more happiness. The **LOW ROAD** is the bucketdipping, blaming, criticizing, "poor-me"

road. The low road is more automatic, often pre-programmed, and habit forming. Both roads between thoughts and feelings go back and forth. Positive thoughts fuel positive emotions and more happiness. Negative thoughts fuel negative emotions. The good news? With awareness and training, *we can change roads*.

Over the next few months, we'll give you more insights into to becoming a better bucket filler as you the travel the high road to daily happiness.

Stay tuned,  
Carol McCloud

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## Our Bucket Filler of the Week\*

Nancy DeBoer of La Canada, CA

\*E-newsletter winners are randomly selected to win a free book!

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## Bucketfilling Showcase



This week's picture was shared with us by Erinn Angelo, Principal, at **Sara Harp Minter Elementary School** in **Fayetteville, GA**. Everyone in the school gets involved in bucket filling - students, staff, and parents!

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](mailto:info@bucketfillers101.com).

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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*

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