



# Bucket Fillosophy™ 101

## Words of Wisdom to Keep Your Bucket Filled

Volume 9, Issue 6  
March 15, 2015

### Taking the Road Less Traveled

Dear Fellow Bucket Filler,

Our last newsletter ended with, "High Road or Low Road? It's always your choice." This is true, however, unless you consciously resist automatic, pre-programmed habits when you are provoked, your brain may automatically lead you to the low road. The low road is the bucketdipping road.

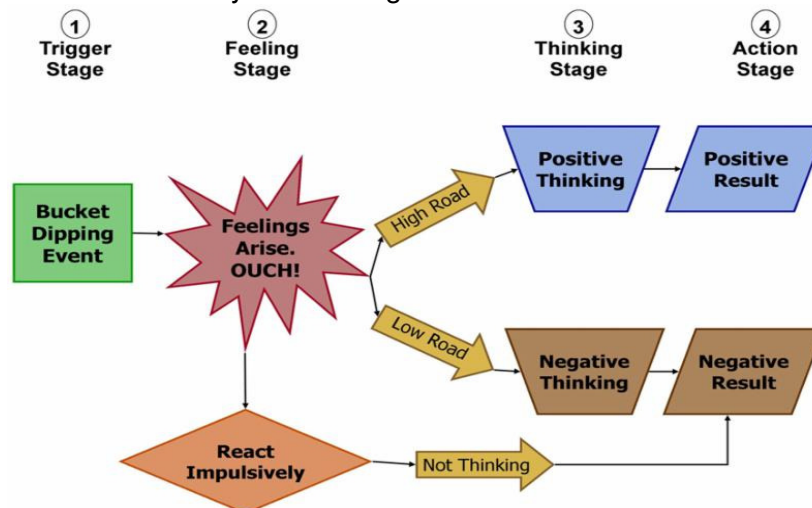
As Robert Frost so eloquently wrote:

*Two roads diverged in a wood, and I--  
I took the one less traveled by,  
And that has made all the difference.*

According to emotional intelligence expert, Daniel Goleman, PhD, author of *Social Intelligence*, "The low road operates on automatic, outside our awareness, and with great speed. The high road operates with voluntary control, requires effort and conscious intent, and moves more slowly."

Because the low road is the default, it takes dedication and practice to break low road habits of thinking. However, the plasticity of our brain allows us to build new pathways and develop healthier responses to negative emotional triggers.

The flow chart below illustrates the choices we often unknowingly make in the feeling center of our brain. In the feeling stage, we either react impulsively without thinking or we choose one of two different ways of thinking.



The secret to happier living is in taking the high road and learning how to traverse the emotional center of your brain when strong, impulsive emotions arise after a bucketdipping event. The high road is the bucketfilling road. It is the road less traveled, especially after one's bucket has been dipped. Bucket fillers know about this choice and strive to take the high road that leads them to even more happiness.

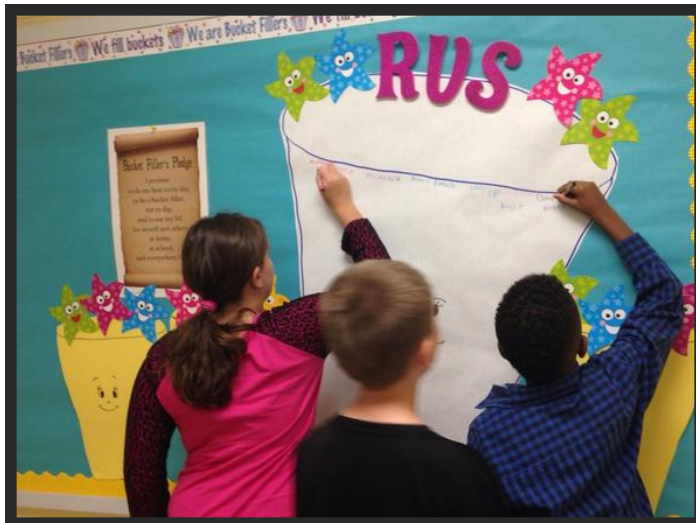
Stay tuned and we'll show how to reach your bucketfilling destination . . .

Carol McCloud

## Our Bucket Filler of the Week\*

Ruth Schleigel of Bardstown, KY

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



## Bucketfilling Showcase

This week's picture was tweeted by Kara Longo, teacher, at **Raritan Valley Elementary School** in **Hazlet, NJ**. Students are each signing their names to this bucket to commit to the bucketfilling pledge!

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).

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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