



# Bucket Fillosophy® 101

## Words of Wisdom to Keep Your Bucket Filled

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### Taking the High Road *Will* Fill Your Bucket

**Dear Fellow Bucket Filler,**

It is an illusion to believe that life can be problem-free. True, there are many positive experiences--celebrations, compliments, and birthday wishes--that will quickly fill our buckets. However, there are also negative experiences--sarcastic comments, job loss, and the absence of birthday wishes--that will, just as quickly, dip into our buckets.



Ten years ago I learned that negative experiences could become bucketfilling experiences if you take the high road. My career in newspaper marketing quickly ended one morning in 2005 when an HR director walked into my office, closed the door, and told me that my job was being eliminated due to "downsizing." Company policy dictated immediate departure, no good-byes, a box for personal items, and a walk out the door.

Yes, I cried in my car on the drive home. Yes, I felt shocked, hurt, and upset, but no, I didn't wallow in resentment or self-pity. I knew I had to move past these feelings and start solving the problem, so I wrote down the following questions:

- 1. How do I feel? *Hurt? Angry? Worried?*** (Yes, but that's understandable.)
- 2. What must I accept? What do I have little or no control over?** (I listed at least ten things.)
- 3. What can I do? What do I control?** (I listed twenty or more actions, everything from cutting back on expenses to new work options.)

Over the next month, I continued to pray for guidance and write down ideas. I worked my list and eventually the answers came. Within a year, I had published my first book and, as they say, the rest is history.

I've learned that life is much happier when we acknowledge and travel past our negative feelings by taking 90 seconds to calm down, avoid automatic "low road" thinking and get

on the "high road" toward positive action. When you are faced with a life challenge, use the three questions above to identify your feelings, recognize what is beyond your control, and brainstorm what you can control. The decision to stay positive, keep moving, and not give up will fill your bucket with determination, confidence and self-worth.

Stay tuned for more,  
Carol McCloud

## Our Bucket Filler of the Week\*

Dick Brady of St. Clair Shores, MI

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

## Bucketfilling Showcase



This week's picture is from teacher Wes Rethman from **Stranahan Elementary School** in **Sylvania, OH**. What a fun, colorful bucket display in his classroom. Utilizing small pom-poms, each student gets their bucket filled each day!

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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