



Bucket Fillosophy[®] 101

Words of Wisdom to Keep Your Bucket Filled

Volume 10, Issue 1
January 3, 2016

What are your resolutions for 2016?

Dear Fellow Bucket Filler,

As I continue my quest for a bucketfilling life that is happier and more fulfilling, I resolve that each day of the coming new year, I will make a serious and sincere effort to do the following:

1. I will be a bucket filler and do something kind each day for someone, as well as for myself.
2. I will avoid dipping into anyone's bucket, or my own bucket, with negative thoughts, words or actions.
3. I will strive to be aware of the words I choose, knowing that once they are spoken they can be difficult to forgive or forget.
4. I will monitor my thoughts and actions in order to avoid magnifying negative situations over which I have no control.
5. I will use my lid and remember to pause and take a deep breath when I hear, read or see anything that upsets me.
6. I will make every effort to understand those who seem to be angry, critical, or condescending, and use my lid to avoid responding negatively (or at all).
7. I will look for the best in others, and myself, and find something to say or do that will add even more happiness to our buckets.
8. I will listen non-judgmentally, as a friend, and do what I can to help those who want help.
9. I will regularly check my bucket in order to become more aware of my state of mind, and my emotions, by asking, "How is my bucket right now? Is it full, down a bit, or seriously low?"
10. I will take responsibility for the happiness levels in my bucket knowing that, more often than not, my own perspective and choices, rather than outside circumstances, affect my happiness.

Happy Bucketfilling New Year!

Carol McCloud

Our Bucket Filler of the Week*

Emily Broadbridge from Macomb, Michigan

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

Bucketfilling Showcase



This week's picture was sent to us by school social worker Brunella DeMarco from **The Atlantis School** at Joint Base McGuire-Dix-Lakehurst in New Jersey. The students are all from military families and love filling buckets everywhere they go!

We invite you to share! Email a picture of your bucketfilling person, 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

