



# Bucket Fillers

Bucket Fillosophy® 101 - Words of Wisdom to Keep Your Bucket Filled

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## What Makes a Self-Actualized, Full-Bucket Person?

**Dear Fellow Bucket Filler,**

There are many theories of human psychology and education. While in college in the 1970s, one of my favorites was the "Hierarchy of Needs" theory by American Psychologist Abraham Maslow. Today, his theories continue to make a major contribution to parenting, teaching, coaching and becoming a self-actualized, full-bucket person.

Maslow theorized that we are all human and we all have certain needs. When a need is not being met, we are motivated to take action to fulfill this need. Originally, Maslow used a pyramid shape to show five need levels, explaining that lower level needs must be met before higher level needs.



We have used a bucket to show Maslow's levels of human needs. If any of our needs are unmet, it dips into our bucket and reduces our happiness level. While the most basic needs for food, safety, and family/friends are easy to understand, there is a subtle, yet important, difference between "esteem" needs and "self-actualization."

"Esteem" needs are based on receiving approval, admiration and respect from others. Children who fish for compliments are trying to meet this basic need for approval. Our esteem needs often go unmet in judgmental, bullying, bucketdipping environments filled with criticism and disrespect. A bucketfilling parent, educator or friend recognizes the esteem need and fills it regularly and sincerely.

"Self-actualization" is about self-respect, personal growth and character. This is a higher level of happiness. It can be taught and it is within our control. Regardless of others' opinions, it comes from knowing that YOU are constantly learning, growing, improving and doing your best. An esteem compliment says, "I'm proud of you." A self-actualized compliment says, "You must be proud of yourself." Both fill buckets, but one fills at a higher level.

Understanding human needs and bucket filling can help us become and raise happy, full bucket people. Full-bucket people have their basic needs met, feel valued, and feel good about themselves. They are happy people. To read more, visit [Maslow's Hierarchy of Needs](#).

Happy Bucket Filling!  
Carol McCloud

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## Our Bucket Filler of the Week\*

Stuart Stotts from Deforest, Wisconsin

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

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## Bucketfilling Showcase



This week's picture was submitted to us by Andrea Thompson, a PreK teacher at **Avondale School - Toronto Campus** in Cooranbong, NSW, Australia. What a great bucketfilling visual for her young students!

We invite you to share! Email a picture of your bucketfilling person, bulletin board, mural or other artwork to [info@bucketfillers101.com](mailto:info@bucketfillers101.com).

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Sincerely,

*The Bucket Fillers Team*

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