



Bucket Fillosophy® 101

Bucket Fillers

Words of Wisdom to Keep Your Bucket Filled

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Is it time to check your bucket?

A bucket check-up is very similar to a physical check-up and just as important. If you are a regular reader of *Bucket Fillosophy® 101*, you know that your bucket represents your mental and emotional health. Bucket checks are easy, free and will indicate the state of your mental and emotional health at any given time.



To perform a bucket check-up, ask yourself: "On a scale of **1** (*low*) to **10** (*high*), **WHAT** is my bucket happiness level? Just how happy am I?" I often keep track of my level when I'm completing the daily page in our book, *My Bucketfilling Journal*. If my happiness level is 7-10, I ask myself, "WHAT is contributing to my happiness? WHAT am I happy about? WHAT joyful thoughts have I been thinking?" If my happiness level is 1-4, I ask, "WHAT is contributing to my unhappiness?" If my happiness level is 5-6, I ask myself both questions.

One day not long ago, I was feeling rather "down" and I gave myself a happiness level of 4. When I asked myself what was contributing to my unhappiness, I realized I was worrying about business and family problems

as well as national and international events. Life challenges, the recent terrorist bombings, police shootings and rioting, and negative pre-election coverage were all stealing some of the joy from my bucket. I was thinking about these problems and events, talking about them, and worrying about them.

Over the years I've learned that whenever my happiness level is 4 or lower, I need to go a step further and ask both "WHAT and WILL?" For example, "WHAT **thoughts** WILL bring me joy and raise my happiness level? WHAT **actions** can I take that WILL also raise my happiness level?" I decided to make a list of all the aspects of my life that fill my bucket with warm loving feelings of gratitude. I also asked myself what I had direct control over that I could change. My happiness level immediately went up as I listed the many things that make me happy and one thing I could change.

While we cannot control events outside of ourselves, there are three things that we can control: Our **thoughts**, our **words** and our **behavior**. The positive thoughts we think, the words we speak, and the actions we take to make life better for ourselves and others are the very things that raise our happiness level and fill our buckets.

Happy bucket filling!

A handwritten signature in cursive script that reads "Carol".