



Bucket Fillosophy[®] 101

Words of Wisdom to Keep Your Bucket Filled

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Change Your Lenses

What better gift for ourselves and others than the daily gift of kindness, acceptance and compassion. How can we give these gifts every day?

Change your lenses and follow the 85% Rule.

The 85% Rule is based on the knowledge that every human being is a combination of strengths and weaknesses. Let's assume that most people are 85% wonderful. We grow up, get jobs, take care of our families, develop friendships and help others. We fill buckets and are caring, responsible, bucketfilling people much of the time. Then there's that other 15%, more or less, that includes our weaknesses, deficiencies and imperfections.

Whenever we fixate on another person's visible flaws or past or present mistakes, we lose sight of the good. We also lose sight of any internal struggles, underlying hurts or history. It's extremely possible that any expressed criticism will cause more hurt and pain that can destroy relationships. As hard as we may try, none of us will ever be perfect simply because perfection is not a human condition.



Better relationships occur with better lenses. This is why bucket fillers look for the good and great in everyone and learn to accept and forgive the not-so-good and great. When we choose to change our lenses to this mindful way of seeing and thinking, and begin giving wonderful gifts of kindness, acceptance and compassion, we will discover that not only have we filled someone's bucket, we have filled our own along the way.

Happy bucket filling!

Carol

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