



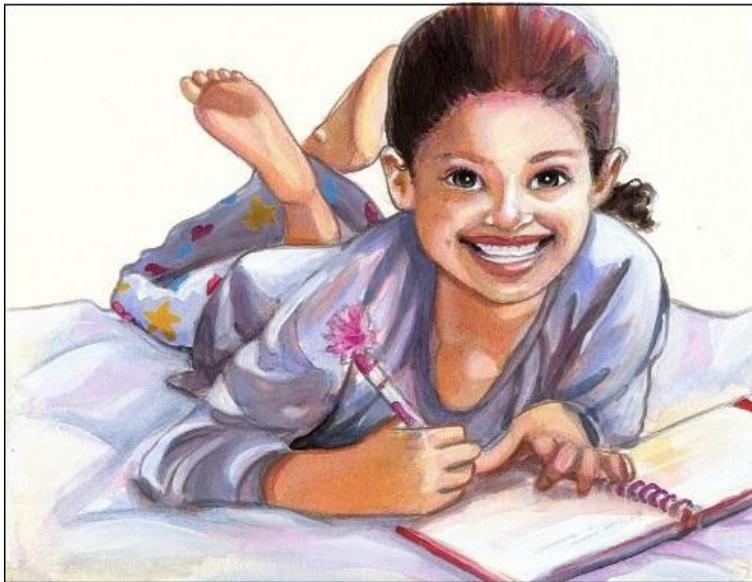
Bucket Fillosophy® 101

Sharing Bucketfilling Ideas
Bucket Lesson #39

Week of April 23, 2017
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Good Things



Growing Up with a Bucket Full of Happiness

One of my favorite activities that adds happiness to my life involves recalling the good things that have filled my bucket each week. This is a great exercise to do alone, with a friend or coworker, as a family, or with your students. You can choose to think of one good thing or two or more. You can keep a written record of your good things or just have a conversation.

To get started, determine how often you will do this activity. Will you set aside time daily? Or weekly? I set aside time weekly, each Friday, because it is a good day to close my week on a positive note.

Then, decide whether you will write on paper, use a calendar, keep a journal, or share verbally. I keep a journal because I like to look back and recall my favorite memories. In a classroom setting, you can use a sheet of paper, date it, and title it, *Good Things that Filled My Bucket*.

Recalling what filled your bucket that week helps you notice the good, the fun, and the meaningful. It could be a visit with friends, a day at the park, a work or school accomplishment, or a clean bill of health.

This activity has proven long-term value. In a popular study, psychologist, author and researcher, Dr. Martin Seligman demonstrated that this simple activity makes people happier. Simply put . . . It fills buckets. Because the human mind often focuses on what is wrong, rather than what is right, this exercise directs our attention back to the positive, where it should be. Try it; you'll like it!

Carol

For even more ideas, be sure to check out our past *Bucket Lessons* on our [website](#)!

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