



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

Volume 11, Issue 10
Week of May 7, 2017

The Black Dot



[Click for Video: Carol McCloud shares about this week's e-newsletter](#)

A while ago, I read a story about a college professor who gave a writing assignment to his students. He showed them a white sheet of paper with a black dot in the center and asked them to write a paper on what they saw. What do you think the students wrote about?

As this short video tells you, it wasn't the white sheet of paper. Everyone wrote about the black dot.

I've thought about this little exercise many times and it's helped me to catch myself when I am thinking too much about black dots. Whenever we worry about things over which we have no control or that might never happen, we dip into our own bucket and, inevitably, we miss the white space.

I'm also not suggesting that we ignore real problems that we can control, but much of what we think about are situations outside of our control. Black dots often involve other people and their opinions and choices.

Everyone one of us has beautiful white space. The people we love, the things we love to do, our accomplishments, the kindnesses received or given, and the beauty that surrounds us all fill our bucket. We can remind ourselves to think about our beautiful white space. This simple practice fills my bucket and I'm confident it will also fill yours.

Remember the white space and have a bucketfilling week!

Happy Bucket Filling,

Carol

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