



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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Adapting to Challenges in Life

I love gardening! Being outside and getting dirty planting flowers, vegetables, and herbs fills my bucket. This year, I decided to build new planter boxes and plant some herbs, tomatoes, peppers, zucchini, and cucumbers. My biggest goal of the year was to grow enough cucumbers and dill to make pickles, just like I use to make with my grandmother when I was around the same age my son is now.



Our overgrown cucumber plants

As the plants grew, our planter boxes started getting crowded. The cucumber plants were the biggest of all. The vines kept growing quickly and many were challenged to have enough space to grow. The vines started to grow through and climb over the fencing. Some cucumbers pushed through the holes in the fencing and got scarred from the wire. Other cucumbers adapted to their given space and started growing in a circular pattern.



Some of our cucumber harvest

The cucumbers naturally learned to adapt to their space. They had challenges but pushed forward to grow. In a lot of ways, we're like the cucumbers in my garden. We all face challenges in life. There is always something that we must adapt to, especially as we grow and things change in life.

What are some challenges in your life that you need to adapt to? Are you moving to a new city? Starting a new job? Did a friend move away? Write down a list of your challenges and sort them easiest to hardest. Write notes next to each with the different ways you can learn to adapt. Take time to think and reflect on each challenge before you decide on the best solution. When you face each challenge and learn to adapt, be sure to fill your bucket and reward yourself in some little way. You'll learn that when you successfully adapt to the challenges in life, you are using your lid and not letting the challenges of life dip into your bucket!

Happy Bucket Filling,

Caryn

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