



# Bucket Fillosophy® 101

Sharing Bucketfilling Ideas  
Bucket Lesson #44

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## K is for Kindness

*Kindness leads to happiness.  
It will brighten up your day.  
The thoughtful things you say and do  
will chase the blues away.*

(Excerpt from our award-winning book, [Bucket Filling from A to Z: The Key to Being Happy.](#))

Have you ever thought about what kindness means to you? If you look up 'kindness' in the thesaurus, some of the words you might come across are affection, warmth, gentleness, concern, care, helpfulness, thoughtfulness, unselfishness, compassion, sympathy, understanding, friendliness, neighborliness, and generosity. These qualities define what a true bucket filler is all about.

One group, [The Kindness Rocks Project](#)<sup>SM</sup>, has taken a small token (a rock) and turned it into a "pursuit of inspiring others through random acts of kindness." Founder Megan Murphy started [The Kindness Rocks Project](#)<sup>SM</sup> when she was looking for a perfect way to help others in her community. She began by writing positive messages on rocks, with permanent marker, and would leave a few at a time on the beach. A friend found one her rocks one day and told her just how much that small message had improved her day.

