



# Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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## You CAN Change the World

I recently traveled to Chicago for my first bucketfilling teaching sessions of the new school year. Throughout my trip, I had the opportunity to meet people from all walks of life, age groups, upbringings, experiences, challenges, traditions, and socioeconomic environments. I learned that people want to be needed, seen, heard and valued. They want to be happy and want to help.

The retired Marine General I met on my first flight was part of Operation Iraqi Freedom. After the war, he helped draft the Environmental Protection Act.

My shuttle bus driver for the rental car agency was from Puerto Rico. He shared with me that he still had not heard from his mother or sisters since the recent hurricane.

The homeless woman I met had recently escaped from an abusive relationship and finally found a job.



The elderly Asian grandmother I met didn't speak a word of English and was learning from her grandchildren.

The school where I presented was on their third principal in five years. I was amazed at the principal's deep connection with students and staff, almost as if he had been there for years. Through tears and camaraderie, the teachers shared intimate parts of themselves during the written and verbal exercise portion of our workshop. They bonded in ways far beyond simple team building and opened their hearts to each other in profound ways. As they put it, they "started to heal." The staff walked away collectively committed to being a bucketfilling school.

I could go on and on. This trip was special, but not unique. No matter where we travel, we have the opportunity to meet, learn from, and connect with a myriad of complex, beautiful human beings, if only we remain open and aware. You are powerful and YOU CAN change the world . . . One bucket at a time - starting with your own and those that cross your path.

Keep Filling Buckets,

*Brooke*

Brooke Johncox, Bucket Fillers Presenter

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