



# Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

Volume 12, Issue 13  
Week of August 19, 2018

## Bucketfilling Thanks



Carol McCloud shares about this week's e-newsletter

My bucket is overflowing so much from our [\*Buckets, Dippers, and Lids: Secrets to Your Happiness\*](#) book tour this summer. We went on a three-month, 10,000-mile tour across the U.S. in our RV. We stayed at more than 30 different campgrounds and met hundreds of bucket fillers along the way.

We live in such a beautiful country! My husband, Jack, and I delighted in the colorful desert sunrises and sunsets, majestic mountains and forests, peaceful bird songs and farmlands, and glistening lakes and rivers. Being in nature is a huge bucket filler. I could almost feel my bucket filling up!

My bucket also filled with hugs from and visits with long-distance family and friends. It filled with every person who waved, smiled, and gave a big thumbs-up to our RV message, "Be a Bucket Filler. Be Kind." It filled with every person we talked to who recognized my "fill a bucket" t-shirt or hat. It filled each time a fellow camper stopped by to ask about our "bucketfilling" signs. It filled with every person from Florida to Michigan and Delaware to California who came to our book events to learn more about bucket filling. It filled every time I heard about all the social media buzz about the book tour. And, it filled each time we made a new bucketfilling friend.

I am completely humbled and honored to be a messenger of a message that adds profound value to each day and leads to lives filled with kindness and happiness. There is one thing we can agree on: Life is too short to be cruel, judgmental, or unhappy. Be a bucket filler. Be kind.

Here's to filling buckets,

*Coral*

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