



Bucket Fillosophy® 101

Words of wisdom to keep your bucket filled.

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Acting on Our Gratitude



Happy people are grateful people. After all, it's nearly impossible to feel happy when you aren't thankful for what (and who!) is in your life. But did you know that feeling thankful and feeling gratitude are actually two different emotions? Being thankful is typically a "serve and return" emotion that is based on feeling pleased or blessed with something positive in your life. Gratitude goes deeper and should motivate us all to return kindness in some form.


We all need to act on our gratitude. Since feelings of thankfulness and gratitude can be fleeting, it's up to us to turn these feelings into action as much as possible and as often as possible. When you acknowledge the blessings in your life and call them out, you are filling others' buckets. The side benefit here is . . . you will be happy, too!

How can you act on your gratitude? Here is a list of suggestions that will turn your feelings of gratitude into meaningful actions:

- Organize a food drive and help stock your local food pantry. Find a food [pantry that is local to you.](#)
- Volunteer your time with [Habitat for Humanity.](#)
- Donate to [The Salvation Army.](#) Every little bit helps! Even just a bag of gently used clothing or a piece of furniture you no longer use.
- [Plant a tree.](#)
- Spend time being a [big brother or big sister](#) for a child.

Feeling thankful is the just the first step. Gratitude is our opportunity to act out our thankfulness in ways that are tangible to others. It fills everyone's buckets!

To being thankful,

A handwritten signature in cursive script that reads "Sandy".

Sandy Richardson, Bucket Fillers Office Coordinator