

# A Precept to Live By

Volume 12, Issue 21  
Week of December 9, 2018



Carol shares about this week's newsletter  
(Click for video)

As we close 2018, we reflect on how far Bucket Fillers, Inc. has come in twelve short years. Our talented team has given more than 3,000 presentations and delivered millions of books and products that are being used in thousands of bucketfilling schools and organizations that teach the bucketfilling precept, BE A BUCKET FILLER. BE KIND.

At the same time, there is more work to be done to create a world culture of positivity, respect, and kindness. The concrete concept of bucket filling teaches these principles amazingly well. Our team is committed to our basic mission of creating bucketfilling schools, families, workplaces and communities around the world.

In 2006, *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids* was the first book written to help children understand that what they say and do affects others. Kindness “fills buckets” and creates more happiness, not only for

the receiver but also the giver. We are now meeting young adults who were taught the bucketfilling concept more than a decade ago and they still think of themselves as “bucket fillers.” These core kindness memories are forever a part of their brain circuitry.

This past year, as we travelled extensively throughout Australia, New Zealand, Canada, and the United States, we learned firsthand how far the message of bucket filling has spread. People shared bucketfilling stories with us and expressed joy on how bucket filling has helped them create a more caring and compassionate environment.

We want to thank you for being a part of this amazing journey of filling buckets and spreading kindness in a world that needs more kindness. Those who live by the precept, BE A BUCKET FILLER. BE KIND., know that their road to happiness is lined with the buckets they filled along the way.

Season's Greetings!

*The Bucket Fillers Team*

happy  
holidays

## 'TIS THE SEASON

NO MATTER WHAT HOLIDAY YOU CELEBRATE, WE'D LIKE TO WISH YOU A SAFE AND HAPPY HOLIDAY SEASON AND A PEACEFUL AND PROSPEROUS NEW YEAR!

