



Bucket Fillosophy®

Being (More) Thankful for Less



March 13, 2020 is the day that the world changed drastically in my house. That was the day that my children's school closed down because of the pandemic. When I look back at these past eight months and recount the many missed family occasions, sporting events, concerts, and a vacation that the pandemic took away, I know I'm not alone. I haven't spoken with anyone who isn't feeling the same sense of loss, anxiety, and frustration. The holiday season is now upon us, and, instead of the traditional family gatherings that bring us comfort, it now seems that those celebrations will be impacted as well.

I have a decision to make here. I can choose to let these circumstances empty my bucket OR I can look for the hidden blessings that the change will create to our holidays. Instead of looking at everything as being "less," I can focus on how my immediate family and I will gain "more." There will be less cleaning, a little less shopping and (hopefully!) a little less over-eating. There will be a little more time spent snuggling on the couch, making crafts together, and watching movies. Instead of piles of dishes and the stress that the meal isn't perfect, there will be more peace and the opportunity to take time to fill my own bucket.

This November, there is still so much to be thankful for. We just have to re-frame our expectations for this year, cherish it for what it is, and look for new ways to fill the buckets of those around us. Don't forget . . . if you can't share a meal with or hug your family physically, there are still many ways to connect online. You can visit with your loved ones on the porch, call or text your loved ones, or host a family video call to share time together. The important thing is that your family "feels" that loving connection. You'll be thankful and, hopefully, have a full bucket.

To Being Thankful,

Sandy

Being Grateful Fills Buckets

Being grateful this Thanksgiving season is sure to fill your bucket. Before you gather with your friends and family, whether in-person or virtually, take a minute to fill out our "Being Grateful Fills Buckets" form. You can also do this as a class. Share it with your family, friends, or classmates. We're sure it will fill all your buckets!

Being Grateful Fills Buckets

Make a list of things you're grateful for this season. When you're finished, be sure to share it with your family and friends. It will fill all your buckets!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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