



# Bucket Fillosophy®

## A Bucketfilling Summer



When my husband, Jack, and I hit the road in our RV with a small car in tow on a cross-country "Happiness Book Tour," my goal was to fill buckets by giving my books to as many people as possible. I wanted to spread happiness by teaching, in the simplest terms, our three Happiness Rules:

1. Be a bucket filler — Be kind.
2. Don't dip — Don't be mean; use self-control.
3. Use your Lid — Protect the happiness in your bucket; have resilience.



Over ten weeks, we traveled 9,000 miles and stayed in 30 different campgrounds. I talked with hundreds of families and gave away more than 1,000 books. I met the loveliest people, beautiful families, and happy kids, far too many to mention by name. We loved hiking,

bicycling, and spending time with family and friends, both old and new.

However, as expected with daily life, we had a few minor bucket dips along the way: A cracked windshield, a flat tire, a bent car hood, and a broken coffee pot. There will always be dips in life. We need to learn to pause, breathe and work through them, one at a time. Keeping a bucketfilling mindset will ensure the minor dips won't become major dips.

Here are ten life lessons I learned this summer. May they inspire you to keep your bucket filled.

1. **Slow down.** Plan things out and don't rush; give yourself enough time. If something goes wrong, accept it.
2. **Live one day at a time.** Don't worry about the past or the future; live in the bucketfilling present.
3. **Enjoy simple pleasures.** Sunsets and sunrises. Floating in the pool. Campfires. Stargazing.
4. **Fill your bucket in nature.** What do you see? Hear? Smell? Feel? Taste? Can you feel your bucket filling up?
5. **Be a bucket filler to yourself.** Take time to nourish and care for your body, mind, and spirit. Eat and sleep well and take regular breaks. Move often. Pray/meditate.
6. **Go easy on yourself and others.** Look for the good in everyone. You never fill a bucket when you criticize, complain, or gossip.
7. **Be grateful.** Every morning, fill your bucket by thinking of three things for which you are thankful.
8. **Be a bucket filler to others.** Share the road. Smile. Always say "hello" and "thank you."
9. **Learn not to dip or dip back.** When you're tired, rest. When you're angry, pause. Don't push yourself, or your dipper will inevitably start emptying buckets. When someone dips in your bucket, let it go. Dipping back won't fix anything and often causes more pain and trouble than the original dip.
10. **Use your lid.** Nothing is perfect. Stay flexible and resilient. Know that people have bad days, the weather is not always perfect, and things break down, wear out, or go wrong. Always have a backup plan.

I didn't plan any bookstore events because of the uncertainty surrounding COVID. However, the "grand finale" to the tour was a "Stroll for Kindness" outdoor event in Lebanon, Ohio, co-sponsored by the Violence Free Coalition and Warren County Park District. Hundreds of families participated in learning about bucket filling in a beautiful park setting.



The entire trip was bucket filling! Half of the people knew about filling buckets; half were new to it. The biggest highlight was hearing from young people who had been taught about bucket filling by a caring adult 10 to 15 years prior when they were read one of my books. The memories of all the people who talked, listened, shared, and laughed with me will fill my bucket for many

years.

To Keeping Your Bucket Filled,

*Carol*

---

## Back-to-School Mega Sale!

There's still time to take advantage of our huge sale! We have discounted the prices on our entire catalog of bucketfilling products! **Shop our store** now through September 30, 2021.



**Bucket Fillers**

Follow Us

