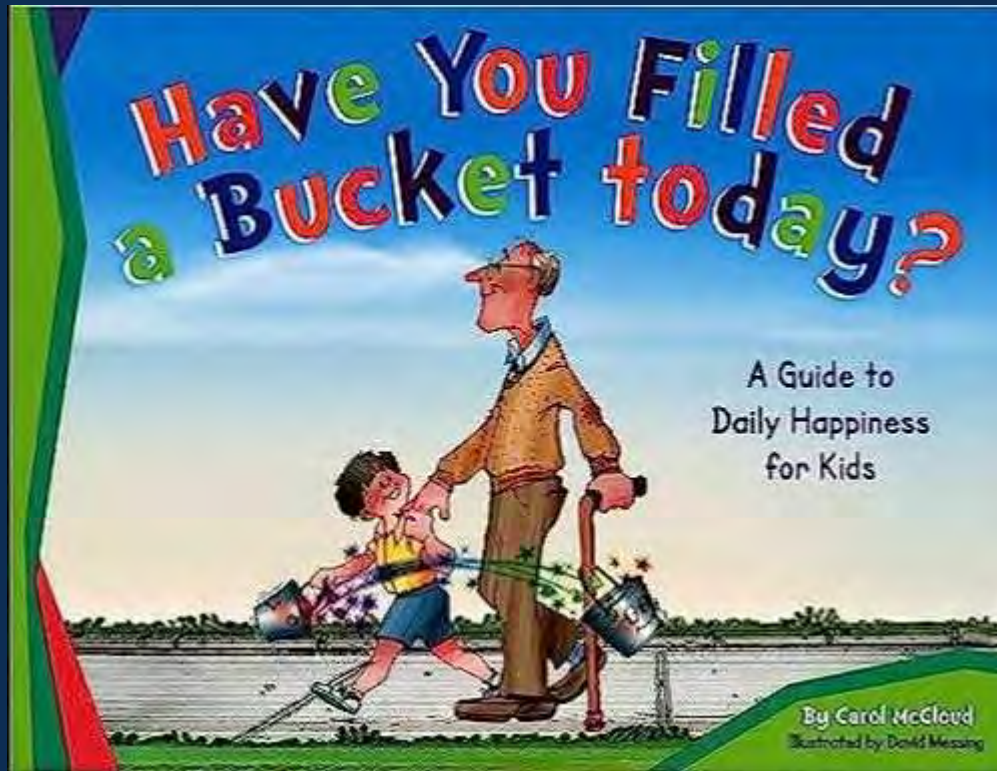


Be A Bucket-Filler - You Make The World A Better Place

Myrna Lapres
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Be A Bucket-Filler

When you're a bucket-filler, you make the world a better place! Using a simple metaphor of a bucket and a dipper, author Carol McCloud illustrates in her book "Have You Filled A Bucket Today?" that when we choose to be kind, we not only fill the buckets of those around us, but also fill our own

bucket!

Sometimes we forget this in our family relationships, at work and in the hectic pace of life. Living within a snow globe of swirling responsibilities, demands, checklists and choices is stressful. It enriches our lives to stop and remember that **life is a journey--not a race, a destination or a competition-but a beautiful journey to be walked, danced and enjoyed with those we care most about.**

We are not meant to merely survive, endure get through each day but to enjoy and revel in our meaningful relationships. The world is changed by our example, not our opinion or words but how we live our lives!

So, this week, I challenge you to take time to let the snow globe settle. Make time to ask your daughter to tell you about her best friends at school and be present to her while she talks. Take your son to the hardware store and ask him to help with a project around the house. Cook dinner together. Go for a walk as a family. Use a mealtime to talk about favorite family vacations. Call your child that is away at college. Make a lunch date for the next time they will be home. Write a text or mail a card to your adult children just to say you are thinking of them. Visit or call your parents or grandparents.

Read "Have You Filled A Bucket Today?" www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X and talk about ways your family can practice kindness in your neighborhood. Watch the YouTube video

“Grateful: A Love Song to the World”

together. www.youtube.com/watch?v=sO2o98Zpzg8 Challenge your family members to find other inspirational videos and Ted Talks to share with the family.

Buckminster Fuller, 20th century architect, inventor and visionary dedicated his life to making the world work for all of humanity. He said, "In order to change an existing paradigm you do not struggle to try and change the problematic model. You create a new model and make the old one obsolete. That, in essence, is the higher service to which we are all being called."

We all can create amazing experiences, connections, and memories in our families and in the process, we heal ourselves and influence those around us.

To purchase my book on
Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

