

You're The One Newsletter

LIVE AS A BUCKETFILLER!

Issue 8 Vol 4: April 2013

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Dear Karen,

What's New With Karen

Welcome to April 2013! With the sacred time of Easter just passing, this month I'd love to share a message I received which really touched my heart recently. It was a message about how we are all walking around with an emotional bucket inside. And it seems we are either filling our buckets (with positivity) or dipping from our buckets (with negativity). Think for a moment, 'Who are the bucketfillers in your life?' You know the people who make you feel good about you, who always seem to know how to say something positive, enthusiastic, or even complimentary to you. On the other hand, 'Who are the bucket dippers in your life?' The ones who tend to put you down, pass judgement, or say something negative. More importantly, however is the question: 'Are you a Bucket Filler or a Bucket Dipper?' Let's hope you are a bucketfiller!! If not, it's time to start now. More importantly, however, this newsletter is to assist the bucketfillers how to stay constant in life when sometimes they are around the bucket dippers, and I have some great strategies for you on how you can protect your bucket by putting an invisible lid on your bucket. You see it is really about us staying true to always being a bucketfiller despite the people we may be around! Go forth and add to people's buckets as a wonderful start to your post Easter transformation! Warmest Regards Karen x

Mojo Tip: Fill Another's Bucket & So Too Will Yours!



Genius French Film Director & Auteur, Robert Bresson

The 4th step on your mesmerising Mojo mindset for 2013 is to be a bucket filler! You see, we all carry around an invisible bucket that contains our feelings. When our bucket is full we feel fantastic! When our bucket is empty, we feel sad! A person with Mojo is a bucketfiller - that is they say and does nice things for other people. They show love and respect, smile, make others feel special and do kind things - you know the kind of person who gives you a hug or compliment or helps without being asked. What the Mojo-esque bucket filler is also highly aware of his that they firstly have to fill their own buckets in order to fill others. So, they are conscious of loving their own self, and nourishing their soul with positive self

talk, care, and awareness. They are only too aware also that when they fill others buckets they are also filling their own! They also have a secret weapon (an invisible lid) which they use to shield themselves from others who may try to impose negativity upon them - let's call these type, 'bucketdippers.' Bucketdippers are people who rob others of happy feelings by either saying or doing unkind things, ignoring, excluding, making fun of, or simply refusing to help. They do this because they think they can fill their bucket by dipping into other's buckets but that simply does not work. The person with Mojo knows how to handle bucketdippers and has strategies to not do any bucketdipping in return - instead they are self-controlled, can think through a situation rationally and look at it from many perspectives. They are in control of their state and can choose to walk away. They are not walked over, however, because they are also able to speak with any bucketdippers with kindness as a way to resolve the situation (even at a later time). So, all in all, people with Mojo are bucketfillers and the world is a better place with them in it. A person whom I have only just discovered fills my bucket with his films is the late French Film Director and Auteur, Robert Bresson. His films are said to be transcendental - one is transformed to another state - simply by watching them. I have fallen in love with Bresson and his films. Every time I watch one of his films, my bucket is being filled. I feel so divinely touched and moved. His films have a purity and intensity and show the human soul so profoundly. One of the films I love is called "Diary of a Country Priest" and is about a kind, good young priest who goes to a village in France but is ignored and mistreated by the people in his parish. A perfect example of a bucketfiller (the priest) and the bucketdippers (the ill-intentioned parishioners). He demonstrates in his films very succinctly those in our society who may be bucketdippers and bucketfillers. It is time now to be a bucketfiller - and attend to your own bucket first! Once you fill yourself with the positive attributes, then go out in to the world, and be a bucketfiller to others - and eventually you may lead by example and teach others to do the same. Protect yourself, set boundaries, and be resilient to others who may not be at the same stage yet. Have compassion, but remember to put on your lid, so as not to allow others to dip into your bucket or emotional reservoir. Teach them, too, by example, that being a bucketfiller is really simply the best character building exercise for any person, and can be used in classrooms, homes, workplaces, and basically anywhere in the world! Enjoy, being Bresson-like in your Mojo-esque ways by adding to others emotional reservoir (bucketfilling) instead of detracting from others (bucketdipping) and live with beauty, joy, faith, wisdom and love! Here's to watching a Bresson film and living from a new perspective. Happy bucketfilling!

Life Coach Tool: Reflect Upon Your Bucketfilling!



Actor, Claude Lidy, in a Scene from Bresson's 'Diary of a Country Priest'

When did bucketfilling commence? Well, we can look as far back as biblical times to this as the idea of a reservoir (bucket) that is 'full' or 'filled' - referring to positive attributes, such as being filled with joy, wisdom, love, faith, etc. Today, bucketfilling is a world wide phenomenon and is sweeping right across the planet to make it a better place! Here's a wonderful tool below that will help you to reflect daily on improving your bucketfilling. Enjoy!

Exercise: Self Reflection Bucketfilling Tool

At the end of each day ask yourself these 8 questions and journal about them.

1. Did I fill someone else's bucket today by being helpful, thoughtful or kind? Yes/No
 1. If Yes, how?
2. Did I fill my own bucket today? Yes/No
 1. If Yes, how?
3. Did I say or do anything that might have dipped into someone's bucket today, or did I dip by not doing something that I was supposed to do? Yes/No
 1. If Yes, how?
 2. If Yes, did I apologize? Yes/No
4. Did I dip into my own bucket today with negative thinking? Yes/No
 1. If Yes, how?
5. Did anyone or anything try to dip into my bucket today? Yes/No
 1. If Yes, what happened?
 2. If Yes, did I use my lid and not dip back? Yes/No
6. Did I see anyone else get their bucket dipped today? Yes/No
 1. If Yes, what happened?
 2. If Yes, did I use my lid to help? Yes/No
7. Is there anyone I know whose bucket is less than full and could really use a friend right now? Yes/No
 1. If Yes, who?
 2. If Yes, what could I do to help?
8. Each day is a new day. How would I like my day to be different tomorrow?

As mentioned earlier, the bucketfiller concept has been around since biblical times, however, has really gained momentum from the 60's onwards with Authors, Psychologists, Executives and Childhood Educators sharing and educating adults in children in the world about the incredibly positive effects of bucketfilling. It has also been a powerful concept (after much study on neglected/abused children) that all children have an intense need to have their buckets filled by caring adults! Let's pay it forward and share this wonderful bucketfilling concept to all we know.

Be Inspired Article:10 Questions with Carolyn Corran!

**Who Is The Real Carolyn?**

I work full time in community health after transitioning out of hospital work. Now I'm transitioning into my own health & wellness business which I'm building along side my regular job. I'm really unable to give enough credibility here to how unique the products are that slow down the ageing process & what a wonderful project we are developing in Australia. The science behind the products is like nothing else in the market place & was featured on CBS in America & Discovery Channel just last December. Alternate weekends I visit my daughter who now lives on a sheep farm near Buninyong. Jack is three years now & doing very well. He has a brother Tom who is two & a sister Sarah who had her first birthday last month. A very busy family!!! If you ever want something done just ask a busy person.

Which five words best describe you?

Caring. Compassionate. Empathetic. Passionate. Persistent.

What was your first job and what path have you taken since then?

My first job was working as a hospital midwife. I now work full time in community health as well as working in my own business of health & wellness, specifically with an anti-aging focus.

What's your proudest achievement?

Helping my daughter & son in law bring their first baby home from hospital. Jack was three months premature & came home breast feeding two weeks before his due date after 12 weeks in hospital.

What's been your best decision?

To be true to myself & not be influenced by others who aren't travelling in the same direction.

Who inspires you?

My son Daniel who believes in what I believe in & we inspire each other.

What are you passionate about?

Helping everyone who wants to know how to die young as late as possible (ha! ha!) and never losing my sense of humour.

What's the best lesson you've learnt?

To never give up on your dreams & goals.

Which person, living or dead, would you most like to meet?

Jim Rohn who always said that life gets better as we get better.

What dream do you still want to fulfil?

To create financial & time freedom & help others do the same.

What are you reading?

The Go -Giver by Bob Burg & John Mann which is a story about a powerful business idea.

Daily Hint: Practice Daily Your Bucketfilling Self-Reflection Tool:

Thank you! Your Daily Hint this month is to introduce the concept into your own life on a daily basis by using the daily self reflection tool. Once you see its powerful effects, and practice and improve daily - then you are in a great position to show others how to do the same. Be an inspirational Role Model of positive change in the world! Tell all you know about it and introduce it to your family, friends, colleagues, associations, schools etc!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so happy to introduce you to such a caring and compassionate person - Carolyn Corran. As you can see from her interview, Carolyn is very focussed in 'bucketfilling' others' buckets and knowing how to not let others 'dip into her bucket' (as she says by not being influenced by those not travelling in the same direction of life). I am sure you will find Carolyn's story enlightening and uplifting! Love Karen x

*"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."
Pericles*

*"A child's life is like a piece of paper on which every passerby leaves a mark."
Ancient Chinese Proverb*

Sincerely,

karen vella

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