

TAKE THE BUCKET CHALLENGE!

Take the Bucket Challenge. Start with 10 Drops, 10 Days. Feel good? It doesn't have to end. Below are several prompts to help you continue your positive momentum.



- Tell an old friend three things you love about him or her.
- Fill the bucket of a stranger.
- When you catch yourself appreciating or admiring something about someone today, somehow tell that person what you're feeling.
- Find one thing that the person who annoys you most does well. Try to see that person in a new light.
- Quell bucket-dipping today.
- What's the best recognition you've ever received? Tell or write the person who gave you the acknowledgement.
- Whose work has inspired you in your own work? Find a way to tell them how you feel.
- Think of a positive comment you can share with someone today.
- Challenge yourself to fill two buckets today.
- Who has recently appreciated what you do well? Tell them how it felt.
- Learn the name of someone you see frequently but don't know.
- What situation can you see in a positive – or more positive – light?
- Who contributes to the quality of your life? Let them know.