



Healthy People Review

Sally Crosiar Reviews Helpful Books, March-April, 2006

I feel very fortunate to live in Canandaigua, New York. It's a beautiful place at the north end of one of the prettier Finger Lakes - and it is also a community that has significant and important leadership.

When all the school districts in our state - and probably yours too - were required to develop a wellness policy by July of this year, Canandaigua City Schools looked more deeply and broadly at wellness than many districts might.

The District's Character Education Committee began - with definitions that encompassed mind, body, and spirit. But it didn't stop there.

The District also sought a deep and meaningful partnership with our small, but very high quality Thompson Health Care System. A wellness day for school staff was the first Partners for Wellness project - and it was a smash hit!

One of the big 'a-ha's' from that Wellness Day came when the President of Thompson Health shared a book, a belief system, and an organizational strategy that she has already implemented at Thompson Health - *How Full Is Your Bucket?*

I love how these great books come to me. And I love even more when my whole community is getting on the same page with such a good book because not only do all our Health System Staff have copies, but now so do most of our School Staff! Can you see what I mean about the leadership in Canandaigua?

As I read *How Full Is Your Bucket?* I was actually struck by how similar its message is to the book that my friend and mentor Sid Simon and I wrote - *Love Builders*. Positive interactions help create positive environments and positive communities!



The April -May Book

How Full Is Your Bucket? Positive Strategies for Work and Life

by Tom Rath and Donald O. Clifton

Rath and Clifton have developed a very clear metaphor.

We all have an invisible bucket. We're at our best - our healthiest and most generous - when our buckets are full of good will and overflowing.

We also all have an invisible dipper which we can use to fill or to empty other people's buckets. When we fill someone's bucket with positive regard, we feel good about ourselves - and we therefore add to our own bucket.



The authors cite research that backs up just how important positive energy is to good health - and how destructive negativity can be. For instance, I was shocked to find that there were more deaths among our prisoners of war during the Korean conflict than during any other modern war. Why? The Korean captors systematically bombarded the POW's with negative messages. They only delivered mail from home when there was bad news. They encouraged self-criticism asking POW's to confess in groups all the bad things they'd ever done. They created distrust and division among the POW's - lessening opportunities for them to be supportive of one another. The system worked. Our POW's were so hopeless that they didn't even try to escape - and those who survived encountered terrible problems once they returned home.

Whew! I knew I didn't like to be around negative people, but I didn't know just how much damage they might be doing!

Fortunately, Rath and Clifton give great information about positivity too - as well as simple, practical strategies we can use to increase the number and quality of positive interactions we experience. I'm privileged to highlight them on the next page!



Just One Idea

Well actually, this month, it's more like five ideas - five key strategies to invite the healing, learning, and growing power of positive energy into your life.

1. Prevent Bucket Dipping

Most of us don't really want to have a negative influence on people. It feels so much better to build people up and fill their buckets than it does to dip into negativity. Through raising our consciousness, we can become aware of when we inadvertently rob another person's bucket. And we can learn to be fillers rather than dippers!

2. Shine a Light on What is Right

We can also learn to focus on what's working rather than harp on what isn't working. That doesn't mean we ignore what's wrong, but that we spend more time and energy on what's right because we get our returns where we spend our energy!

3. Make Best Friends

What would happen if you were to treat strangers and casual acquaintances as if they might become your very best friends? There's a good chance, you'd try to fill their buckets in your very first interactions with them! And that's a great practice for making friends and influencing people! Clifton and Rath suggest that you become the person known for noticing others' stellar performances and value as a human being. Don't you suppose your own bucket might overflow if you were to do that consistently?

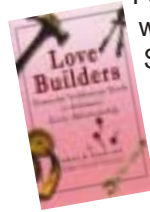
4. Give Unexpectedly

The gift - of a kind word, a cookie, or even something wrapped up in tissue paper - has been shown to be of greater meaning when it is given not to mark a particular occasion, but rather just because. Let's not wait till an awards ceremony to give recognition. Let's look for opportunities to express appreciation at unexpected times!

5. Reverse the Golden Rule

Ah, I love this one. Rather than doing unto others as we'd have them do to us, let's do as they would really us to do for them! We are different people - motivated by different things. When someone makes the effort to really know and understand us, that already fills our bucket. And when their actions demonstrate that they're doing what they know we'd appreciate - now there's a bucket that overflows!

To Help You Fill Your Bucket



For more strategies to fill buckets - yours as well as other people's - get **Love Builders** - \$14.95 through www.valuesrealization.org.

Living On Purpose can help your bucket overflow as well. Here's my latest, hot off the press in May, 2005 in two formats.

Paper \$18.84
CD, just \$9.35

And of course don't forget my other books! Order by emailing sally@healthypeoplelearn.com.

My Uncle Dave \$9.35.

Find the Love of Your Life! . \$15.95



Buy these and **On Purpose** and save on shipping - \$4.00.

New York residents pay 7% sales tax.

A Healthy Person Gets Around!

Actually, I'm doing more distance learning so I'm working more from home! Join my upcoming 90 minute Telewebinars - from the comfort of your own home or office! Register at www.healthypeoplelearn.com/publicationsmain.htm All sessions are held on Thursdays and times are listed for the Eastern time zone.

The Courage to Change! April 20 at 7PM

Living On Purpose! April 27 at 3PM

Turn Good Intentions into Action! May 4 at 9:30AM

Values and Character Education: May 11 at 7PM

Sharpen Yourself to Make a Difference! May 18 at 3PM

Dealing with Difficult People! May 25 at 4PM

And more... See the full year's schedule on www.healthypeoplelearn.com/publicationsmain.htm

I teach the **NYS School-Age Care Credential Prep Course** via distance learning too. Great new technology!

On the third Wednesday of every month I'm conducting **Grange Successful Actions Teleconferences** at 7PM. If you're interested in listening in, please let me know at sally@healthypeoplelearn.com.

April 29, I'll be presenting the "**Ecological Model of Youth Development**" at the New York State School-Age Care Coalition Conference in Rochester, NY.

May 5-7, we're hosting the second annual **Values Realization Institute Conference in Canandaigua**. You ought to come! www.valuesrealization.org!

