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## My Bucketfilling Journal: 30 Days To A Happier Life (Paperback)

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By Carol McCloud

Bucket Fillosophy, United States, 2018. Paperback. Condition: New. 2nd Second Edition, Second ed. Language: English. Brand new Book. "I bought this as a gift for one of my clients after we had read the Bucket books. She is 11 years old and excited about the concept. I highly recommend it as a therapist." --Reader Comment Updated edition! This helpful companion to the book, Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life, is a journal designed to put bucketfilling knowledge into action and create a happier life for its young reader. In addition to the Bucket Fillers Pledge and the three rules and three laws of bucket filling, the journal features a thirty-day plan for filling buckets for thirty days, which includes eight self-reflection questions and 30 pages on which to record daily thoughts and bucketfilling experiences. This journal is for everyone who is working to be a better bucket filler! Winner of 2 awards. For more information on bucket filling or free downloadables and resources, please visit . Publications by Bucket Fillers: - Have You Filled a Bucket Today? -Fill a Bucket -Growing Up with a Bucket Full of Happiness -My Bucketfilling Journal -Will You...



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