



## **Keep Your Bucket Full Series (Part 3 of 3) from Parenting Continuum**

Welcome back! In **part 1**, you learned about mental-emotional well-being as a bucket and why it may feel lower than usual. In **part 2**, you explored strategies to “drain less” and “fill more” such as focusing on your circle of influence, reframing your self-talk, boosting the happiness chemicals in your brain, and gratitude exercises. Now it is time to GROW your bucket!

**What do I need to do, so that within one year**

**I can say this current situation is the**

**best thing that could have ever happened to me/us?**

At first glance, this might feel like an impossible or even ridiculous question. A famous author once said, “life is 10 percent what happens to you and 90 percent how you react to it”. *How might you reimagine the next 3, 6, or even 12 months?*

Here are the hidden learnings and gifts that my clients discovered as they explored this question.

- “Turn off the devices and use the time to *really* get to know my kids”
- “Rally my employees to innovate a new business opportunity”
- “Model self-care for my employees and family”
- “Take an hour each week for my development – webinars, reading, and a coach”

Shift out of survival mode into thriving mode with these 4 growth strategies.

- 1) **Time Travel** – Consider a time in past that felt devastating at the time. What are your gifts and lessons now 10, 20, 30+ years later? For me, I think about not getting into Georgetown University for International Relations at 18 and how crushing that felt. But if I had not experienced that disappointment, I would have never found the career I love and better yet my soulmate and husband, Jeff. The same is true for this moment in time as challenging as it may feel. *Imagine your future self, 20 years from now, what advice would you give your present self?*
  
- 2) **Bring a Growth Mindset** – Growth mindset is the belief that talent can be developed. It is when you believe challenges help you grow, feedback is constructive, and learning is everywhere. Here is a 6 minute overview of [growth mindset](#). (Or you might enjoy the [ClassDojo](#) version like my 7 year old daughter.) A simple strategy to put growth mindset into action is to become a [YET person](#). “We haven’t figured out the best schedule as a family... YET.” Simply adding this word shifts your brain from disappointment to discovery. *What have you not quite mastered YET?*
  
- 3) **Find (and Scale) Bright Spots** – Watch this 4 min video on [bright spots](#). Look for something that is working well at home, in school, or at work. Study it. What makes that successful? How might you scale that? Example: Maybe your kids have better quality or focus on homework after a bike ride. Perhaps taking a break to play a game together during lunch improves the mood throughout the rest of the day. Maybe packing your lunches the night before saves you heartache and drama mid-day. *How might you scale what is working?*
  
- 4) **Grow Your Mental Fitness** – In times of great change, our minds can go negative and sabotage our likelihood of success. You need to be in a calm and positive state to innovate, adapt, and navigate. In part 1, you took a [Positive Intelligence \(PQ\)](#) assessment. To build your PQ, you need to calm your mind, [quiet the inner critics](#), and take action as the best version of yourself. Learn more about [Mental Fitness](#) (6 min) and a simple technique called a PQ rep.

Make this the best year yet.

Drain less, fill more, and grow your bucket.

About the Author: Erin McAuley leads [Be Change Coach](#) with the mission to unleash change capacity in leaders, teams, and organizations. She and her husband Jeff live in Monte Sereno with their 2nd and 3rd graders attending Daves Elementary. You can enroll in her [6-week Mental Fitness Reboot program](#) or email Erin directly at [erin@bechange.coach](mailto:erin@bechange.coach) for 1-on-1 coaching or corporate engagements. “We have three choices for any situation – accept it, change it, or convert it to a gift. What choice will you make?”