**ACCEPTANCE Exercise No. 2: A Drop in Your Bucket**

**Introduction:** In *How Full is Your Bucket*, by Tom Rath and Donald Clifton, Ph.D., the authors explain how every interaction we have with one another translates into a positive or negative experience. Positive experiences put a “drop in our bucket,” while negative ones “dip” from our bucket, stealing precious water. If your bucket is full, it’s because of a host of positive interactions which promote a happier and healthier life.

**To Begin:** Facilitators should pass out three drop-shaped pieces of paper (they can be simple cut-outs from construction paper) to each participant, along with a writing utensil.

**Activity:** Ask each participant to look to the person sitting to the left of them. They may or may not know that person. For the next few minutes, have them write a “drop” that will go in their friend’s bucket. To a well-known person, one might say, “I remember that time you went grocery shopping for me when I was sick. I really appreciate your help and your friendship.” To a stranger they may write, “While we’ve never met, it makes me happy that you smile when we pass each other in the hallway and say ‘hello’. Your kindness is appreciated.”

When everyone is done, pass the drops to the person next to them. Participants have the option of sharing what was written about them if they choose to.

**Step Two:** Sometime during the week, each participant should think of two people in which they would like to give a drop to, write a note and leave it in the person’s mailbox or under their door. If they want to take it further, they may create a few more drops and continue spreading the good will.