



Bucket of Awesome: The Your-Life's-More-Amazing-Than-You-Realize Guidebook

Kathryn Thompson

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Your life has a story, and every day, you choose how you tell that story. Is it tragic, hilarious, boring, or triumphant? You decide. And every day, you choose the tone of what happens next based on the way you remember and frame your past.

Bucket of Awesome is a processing and writing guidebook to help put your life into joyful and hopeful focus. Working through its pages, you will learn and remember all the things that have made your life so remarkable and you will come to tell your story from a place of joy and optimism.

You will get the benefit of a renewed sense of gratitude and purpose, and those who come after will be inspired by a document that tells the story of your unique life and perspective.

Don't think you have a story worth telling? Give me an hour and I'll open your eyes to your Awesome!

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Heffalump says

I was able to read an advance copy of this book. I have enjoyed all of Kathryn's awesome books, but I particularly like this one. It gives you great tools to start writing your life story, in easy to accomplish, small steps. It is more than just a book full of questions to get you started with writing about your life, and still has Kathryn's signature wit and wisdom. I am going to have to get a hard copy of this one.

Kate says

I am a big fan of reflection and journaling, as well as honesty about the ups and downs of life. I loved this journal and the prompts and encouragements that the author offers to help readers frame their own lives to focus on the positives, instead of lingering mentally on little everyday obstacles. By magnifying the positive moments instead, we can choose to carry around and collect buckets of awesome- which happen to be a lot lighter and more encouraging than buckets of disappointment :)

Linda says

Full disclosure - I received a review copy of this book.

I met the author a while back when she was talking about her first book, "Drops of Awesome" at our local library, and I really liked her habit of writing down the daily little moments that she succeeded in being Awesome. I've kept a gratitude journal for a long time, but it hadn't occurred to me that it was OK to recognize and take note of the good - and sometimes Awesome - things that I do. Finding the owner of a lost cell phone counts. So does putting away almost all the dry dishes before doing another sink full.

"Bucket of Awesome" continues the theme of recognizing and taking note of the awesome arch of our lives. As the author says, we all have a story, and parts of it are not pretty. We can focus on the hard times and all the things that didn't go as planned. Or we can reframe how we see our lives by focusing on the good, the great, and the awesome. We can choose which version to tell!

Using a journaling format, the author asks questions about each phase of life - what was good, who was supportive, what was enjoyable, what favorite things were important. She devotes a chapter to the hard times as well but asks us to think about how those times shaped us and made us who we are today. I think it's a very healthy way to look at life.

Like her previous books, this one would make a great gift. Writing down our life story can be a powerful thing, and the people in our lives really do want to know our stories.
