Bucket List Workbook



“Make a Bucket List and fill it

with dreams that have no boundaries!”

~Annette White

Bucket List Creation

Welcome

Welcome to the Bucket List community. You are about to embark on a journey that will forever change your life!

If you are like me, what has brought you here is the desire to have a more successful and personally fulfilling life for you and for the world around you.

Often people get stuck and get to the point where life is in a state of redundancy. To add to it, the aftereffect of the pandemic has many of us feeling even more lost and uneasy. Is that how you are feeling? Are you worried that if tomorrow were your last day here, you would have regrets that you did not spend every moment to its fullest? I can help you create a plan so that you are living life intentionally and will one day reflect on and feel confident that you have lived your most successful and fulfilling life.

If you are ready to transform every aspect of your life, I want you to open your mind , as we are going to embark on the exciting process of creating an intentional plan for the rest of your life!

My 80 Squares

Each square represents one year in your life. Cross through each year that has passed.

Chart

Description automatically generated with low confidence

This is an excellent visualization of just how much time you have left, to live your life intentionally!!

Bucket List Workbook

Congratulations on taking the steps to creating a life plan that will lead to a successful and fulfilling life leaving you with no regrets.

Keep in mind, that the point of writing a Bucket List is to write things that are important to you.

No more procrastination. It is time to grow and not merely just exist.

Now is the time to determine your *Why* and start living every day of your life purposefully.

Now we will begin to define the life that you want to live and fulfill…

Take a moment and think about what is important to you. What are your core values? This will help you begin to write your Bucket List.

For more help defining your “Why”, click the link below to watch this powerful Ted Talk by Simon Sinek.

### [Simon Sinek: How great leaders inspire action](https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action)

With your core values in mind, we are going to take you through a few things.

* A lot of ideas to use or to model to help write your bucket list
* Writing your bucket list items in a way that is most aligned to your core values
* Breaking your bucket list items down to smaller manageable steps so that you do not experience “to do” overload.

Let’s get started!

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**Final Remarks on Writing Your Bucket List**

You can start by writing *big* ticket items if you’d like, but you’ll want to mix in some smaller items too and some that you can easily check off. This process will build your confidence, and it’ll help you gain momentum for the rest of your bucket list items.

In the following exercises, there are examples of Bucket List items, and some generic ideas to trigger your brain to think “outside the box” when coming up with your unique Bucket List.

You don’t have to come up with original items for everything, just make sure what you write down what ***inspires*** you!

Be as specific as you can with your Bucket List, because the more specific you are, the clearer it will be to you, and the stronger your emotional connection to it will be (how you imagine it will make you feel, see, taste, or hear). And the stronger the emotional connection, the more inspiring your bucket list will be to you, and hence you will more likely achieve your bucket list item.

Having trouble getting specific? Let me give you an example to get you going. . . .

Say you wanted to buy yourself mountain cabin, you will want to know where it will be located, what style the cabin is, exactly how many bedrooms and bathrooms, what amenities you desire inside and out, the price, and even down to the different interiors or add-ons you want.

Warning: DO NOT focus on the details of your Bucket List items, focus on what you want, the end goal, and then work on creating the time and money to get it. Don’t worry about the “how” just yet, we’ll get to that. For now, it’s pure dreaming and articulating exactly what you want out of life!

**Meet A Personal Hero**

**Who are the people you want to meet in your life, and when you do, would make you feel happy and inspired?**

Usually, these people are people you look up to for inspiration. Somehow, their lives, what they do, and what they represent, resonates with a deeper part of you. In fact, they might even be performing masterfully at the very thing you too, want to do.

To give you an example of how unique this bucket list item can be, a lady by the name of Simone (Bucket Lister) decided that she wanted to meet and train with “The Commando from The Biggest Loser”. According to Simone, the Commando earned her *heartfelt* respect when he connected deeply with the family he was training. So, you know what Simone did? She organized a personal training session with him. And in her own words…

“Between the (what felt like a million) burpees and chin ups, I remember getting a new appreciation of the work experience and focus on discipline, as well as some great laughs along the way”

It’s always touching to hear that people are bringing each other along in all walks of life. While I personally may never feel compelled to spend time with this Commando, he is someone that holds meaning to Simone. And for that, Simone got just the *experience* she wanted!

**Meet A Personal Hero**

So, in the table below, list at least five people you would like to meet. And here are some ideas:

* A favorite movie or sports star
* A favorite musician
* A world class business figure
* A political champion
* Your childhood hero
* A famous author
* A famous podcaster
* A champion of a cause
* A long-lost relative
* An inventor

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**Your Proud Achievements**

**Things you want to achieve in the business space or get recognized or awarded for.**

Your Proud Achievements is generally things you would be recognized or awarded for, whether it’s in the form of money, business, self-satisfaction, or a certificate. Again, they will be forms of recognition that tie into your highest values.

Darren (aka Dazz) Wright, a family man who created a Bucket List several years ago, was nearly 45 years of age at the time. Dazz had been working the same sales manager job for 14 years, and after creating his Bucket List, he decided he didn’t want to be remembered as a “company man”. He was sick of living within a corporation that made him feel like every ounce of life was being sucked out of him.

Dazz aspired to be a transformational leader, storyteller, and family man.

So, he quit his job and launched his Academy of Mindful Entrepreneurship and The Archery Experience with Team Wright (family project which includes his kids and father). Both of which complement each other and focus on the positive development of individuals through both entrepreneurship and the art of Archery.

In September of that same year, Dazz delivered an All Access/All Abilities Archery Development program with the Nepean School, working with children with disabilities. This level of fulfilment Dazz is experiencing is fueling him to cause bigger and more positive waves in his community.

Today, the team trains in Berwick, Cranbourne, Baxter, and Seaford and have delivered the Archery Experience to nearly 1,000 people to date and increasing. With media coverage expanding such as being featured on the Mornington Peninsula Community Radio show, Dazz is unquestionably expanding the difference he is making for the community.

I can’t say enough about how touched I am to see how powerful we as a human race are when we get in tune with what we are here to do.

**Your Proud Achievements**

Dazz could have well gone deeper down a traditional career path, never getting to know his kids, or reaching out to the community that he so truly treasured.

Yet today, he has the time and freedom to enjoy spending time with his children, supports them in school and sports and has time to take them fishing, teach them how to drive a boat! And at last report, he is making a video of all their memories together. Memories that would have only stay as dreams if he would not have fulfilled this bucket list item!

So, in the table below, list at least five things you would like to achieve. And here are some ideas:

* Start a business…
* Start a career in…
* Sell a business for…
* Be a great dad to…
* Be a great mom to-…
* Earn a college degree in…
* Buy or build a house…
* Complete an MBA or PhD in…

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**Buy that Something Special**

**What are some of the things you want to own and**

**have and that have meaning to you?**

Okay, this is where we get materialistic. And I say, “why not”? We deserve to because we’ve earned it. “Buy that Something Special” are the physical things you want to own that have meaning to you, would be regarded as fun, or also as self-reward to show you, that you love you.

Usually when I mention this section some people retract, while others start to dream. For those who retract from it, maybe consider tying them first to your highest values. That way, the material things aren’t only nice to have, but also directly support your passions and interests in life.

One perfect example I want to share comes from Lisa White, an Executive Assistant. Lisa found that thinking of buying something special for her was a real challenge because she wasn’t someone who placed significant value on material things. So, she looked to purchase something a bit more meaningful to her life…

Lisa recently ended an emotionally and psychologically challenging relationship. At the time, she made a commitment to herself that she wouldn’t allow that kind of toxicity into her life, out of love and respect for herself.

She decided, in order to seal her own strong and loving relationship with ‘self’, Lisa went window shopping for the ‘perfect diamond ring’ to symbolize that. The ring has now been placed on her traditional engagement finger as a reminder of her commitment to her, and no doubt, that as she grows to love herself more, someone new will also value her much the same.

**Buy That Something Special**

It’s heartbreaking to see that so many people cause themselves undue pain due to a lack of self-worth. Yet from my perspective, I see their genius and uniqueness at play, all just begging to be shared with the world.

Lisa. . .well done!

So, in the table below, list at least five things you would like to own. And here are some ideas:

* A gold Rolex or other piece of jewelry
* Latest technology or electronic gadget
* A beach house or mountain cabin
* Designer clothing
* Fancy handbag
* A collectible item
* A rare piece of art
* Luxury car
* Recreational toys like a boat, ATV, or motorcycle
* Hobby tools/machines

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**Ultimate Challenges**

Your Ultimate Challenges are larger obstacles that you want to overcome and win over and would make you feel like you’ve really grown as a person. These are usually in the form of some physical activity that has a competitive element to it. It will not only make you realize how far you can push human physical limits, but even help you build a healthier body to support all other areas of life that are of value to you.

A Bucket Lister by the name of Cameron comes to mind when I think of Ultimate Challenges. Cameron has a history of depression, and when he started the Bucket List journey, he weighed 350 lbs.

For Cameron, “comfort” was a norm, but he still wanted to change that by doing something that would take him out of that zone and make him feel more “alive”. In his own words, “I want to be able to climb a flight of stairs without running out of breath”…

What Cameron got out of The Bucket List Experience, was that he wanted to do *Tough Mudder* to overcome the physical challenges he had. And you know what? He did it! After the first *Tough Mudder* race, he lost 110 lbs.!

“The process of running was long and slow and had some setbacks. Some days it felt good, and other days I battled with every step. I would have to keep going through my pain checklist anytime I felt like walking. This proved to me that my mind is stronger than my body”

Today, Cameron is looking to take on an Ironman, and experience the sense of achievement that comes with crossing the finish line.

Cameron is a testament to how much governance mind can have over body, and how even seemingly impossible physical stunts can be achieved in spite of circumstance. Cheers to Cameron!

**Ultimate Challenges**

**What challenges would you like to conquer in your lifetime?**

So, in the table below, list at least five ultimate challenges you would like to own.

And here are some generic ideas to help kick things off:

* Compete in a marathon
* Climb a mountain peak
* Learn Yoga
* Learn to Ski
* Learn to Surf
* Compete in a body-building competition
* Compete in an Ironman

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**Conquer a Fear**

**What are some of the personal fears you have that are unique to you, and you would like to overcome?**

Your Personal Fears are things you are afraid to do (whether it is an emotional or physical fear), and they are unique to you. Some people have a fear of rejection when it comes to dating, while others have an absolute fear of public speaking… and yet others might just need to overcome the anxiety of seeing a dentist.

These fears normally make you freeze up or stop breathing momentarily. It is also important to recognize that these personal fears are things you want to conquer, because you know they hold you back from serving your highest values.

Julie Stevenson was a fellow Bucket Lister who had wasted a lot of her life living in fear. In particular, the fears of what other people think, and as a result, she never valued the way she wanted to live her own life.

Jules, having experienced a great deal of grief from the passing of a close friend, ended up in a relationship with someone she had originally broken ties with. And, after weathering years of a turbulent relationship, she arrived at a crossroad in her life…an engagement proposal! And, since her partner’s father had just passed away, she felt it would be wrong to reject him…

“I was in deeper than I knew how to get out of and terrified as hell”.

From there, thy purchased a property with her partner’s inheritance, house prices had dropped, and she was seeing through an abusive relationship. Yet she still pushed on!

“Then the wedding drew closer. What would my family say if I called it off? What would people think of me? Everyone has rough patches, everyone fights. I’d made my bed, time to lie in it. No-one wanted to tell me their true feelings – they just wanted so much for me to be happy and to support me. Scared of judgement, I put on a magnificent front, kept it all in and *suffered terribly in silence*.

Julie reached out to a friend, who was so confused by her stories that he asked her what her exit strategy was. He introduced Julie to the Bucket List process, and Julie suddenly had the permission to be happy, and to live a life of her own, not of her fears. Bottom line, she picked up the phone and dealt with her biggest fears – disappointing her parents.

Of course, everyone thought she had gone “crazy”. But at that moment, Jules decided that “enough was enough”, and there is nothing more liberating than living a life of your own, rather than the one you think you have to.

So, in the table below, list at least five personal fears you would like to overcome. And here are some ideas:

* Learn to sell and sell something
* Fire-walk at a Tony Robbins event
* Ride in a Hot Air Balloon
* Go Sky Diving
* Speak in front of a large audience
* Swim with sharks

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**Kind Acts for Others**

**What acts of service do you want to perform that would make you feel heart-filled, and grateful?**

This is all about doing things that are socially useful or would class as some form of “charity” that would leave you feeling warm and fuzzy. The whole concept behind this is giving back where you can and where you want, because the more you serve your community, the larger an impact you can have on your own life. Simply put, what you give, you get back!

Again, where you can, aligning them with your highest values is where they will hold most power. The more you can see how your bucket list items serves you and your purpose, the more likely you will tick them off and have fun in the process.

Cameron Gill is a Martial Arts Practitioner. Cameron had been diagnosed with a Grade IV Brain Tumor which gave him an average of 12 months to live. He joined the Bucket List Community and while he was presented with such a life-threatening challenge, he also took on board a whole new perspective about life.

With whatever life Cameron had left, he started delivering programs to primary schools such as “The Paragon Superhero Program” targeted at teaching kids the key traits of leadership, confidence, compassion, respect, and self-discipline so they could become superheros for their own communities.

Additionally, Cameron set out to create the Tumor Humor Foundation to provide acts of kindness to cancer patients.

The aims of this foundation are:

1. To help teach people with cancer how to live and how to have fun despite having a very

negative prognosis.

2. Provide support to allow them to tick off “Bucket List” activities

3. To educate the community about cancer and remove much of the stigma that is

involved with a diagnosis of cancer.

4. To encourage those amazing people who work closely with people who have cancer, such as

the many nurses, to stay in the field and encourage them to continue to provide the amazing

care they do provide.

5. To educate the medical community on the value of humor in medical care and how

important it is to do everything possible to assist patients to go after the positive experiences

they desire.

**Kind Acts for Others**

In Cameron’s own words, “My belief is that through this foundation, I can help people facing shortened lifespans due to cancer and live a longer and much more fulfilling life. The thing that

has really hit me though is the effect that this has had on me. For someone living with an aggressive brain tumor, I was supposed to lose a lot of motivation, become self-absorbed, become negative and lace a lot of energy. These acts of kindness, among other things, have helped me maintain a very high energy level and brought so much more meaning and pleasure to my own life. I still have a very dicey prognosis but ticking these things off my Bucket List has given so much meaning to my life.”

Thank you, Cameron!

So, in the table below, list at least five kind things you would like to overcome. And here are some ideas:

* Raise a large sum of money for a charity close to your heart
* Volunteer for a cause you are passionate about
* Donate blood, clothing, or other personal items
* Pledge ongoing support to a group that needs your help

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**Express Yourself**

**What sorts of creative things do you want to express yourself in?**

It is no mystery that all of us in some way or another, want to express ourselves creatively. It’s therapeutic, soothes the soul, and allows you to get into an entirely personal space that you own. Normally, these creative passions also hold aspects that tie into our highest values, but are different enough to what we normally do, and are therefore refreshing.

Lee Mackie is a perfect example. As a young girl, one of Lee’s greatest passions had always been dancing. Whether it was ballet, club dancing or salsa, she was on to it.

One of Lee’s inspirations was Samba dancing, which, till today had seemed to be out of her reach. She admired the fact they wore such expressive costumes with big feather head dresses, and “sequined” G-string bikinis. And to top it off, they performed basic dance steps extremely fast, and had an unearthly ability to move their hips in rhythm.

After attending the Bucket List event, Lee decided she would take Samba lessons. Before she knew it, Lee had an opportunity to perform at a Ball which required her to commit to a 10-week intensive program to perform in front of 800 people! Weekly performance classes, three samba classes, private lessons, yoga, dieting and lots of practice, Lee was in for a ride…

How did the performance go during the Ball? Nothing short of amazing, and in Lee’s own words… “Showtime came way too quickly. The costume was amazing! It was bright emerald green and not much to it! Several layers of fake tan, professional make-up done, and extra hair brought the whole thing to life. Here it was – 2 minutes of stage time – and it was all over! Wow! What an accomplishment! Bucket list tick!

What is next on Lee’s Bucket List? She wants to perform in Rio de Janeiro’s Carnivale parade! Is this girl playing a bigger and bigger game or what?!

Watching her go from stage to stage is just pure inspiring. To go from “I don’t think I’d ever be able to do that” to “I’m going to The Carnivale in Rio to dance in the parade” simply deserves a round of applause!

**Express Yourself**

So, in the table below, list at least five kind things you would like to do to express yourself and your creativity. And here are some ideas:

* Exhibit your photography
* Collect artwork
* Baking and selling cakes
* Paint something
* Get a tattoo
* Design your own clothes
* Write a children’s book
* Publish a book about your tragedy to triumph story
* Make a documentary
* Create your own website
* Inventing something
* Put your comic online

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**Take Lessons**

**What sorts of skills and abilities do you want to learn?**

So, what sorts of new skills or abilities would you like to have under your belt? This is your chance to list them and start putting them into action immediately. Learning something new is invigorating, keeps our brains elastic, and inspires you to realize how much there is to offer in life. Again, try to tie them to your highest values, and see how they are serving them. The more of your purpose they serve, the more power you will hold when you tick them off.

For Lee Mackie as we saw in “Express Yourself”, it was dancing. Not only was it a chance for her to up her skill in Samba, but it was also an opportunity for her to express herself onstage and share it with an ever-growing number of people. And in terms of tying it to her highest values, Lee had always loved dance from a very young age, and to be able to deepen her experience of it by taking lessons, was just perfect.

So, in the table below, list at least five kinds of things you would like to learn. And here are some ideas:

* Learn to Tango
* Learn a new language
* Learn to play a musical instrument
* Learn to sing
* Learn ballroom dance
* Learn to play the ukulele
* Learn to make cheese
* Learn to fly a helicopter
* Learn yoga

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**Leave a Legacy**

**What things do you want to create, that live on even after you pass?**

Okay, imagine going through life and getting to the end of your 80th square, and sitting in that place. Before you kick the bucket, what sorts of things do you want to leave behind as your message or gift to the world? What impacts do you want to create, that is eternal, and you make dying in peace possible?

For this, I refer to Julie Cini’s story. Julie Cini (aka Jules), Chief Executive Officer of the Spinal Muscular Atrophy Association of Australia, had undergone deep grief after having lost two of her children to a condition called Spinal Muscular Atrophy. In a Bucket List seminar, Julie was sitting there with tears streaming down her face because while everyone around her was “excited” about their Bucket Lists, Julie dearly missed her girls.

At the time, Julie had a strong desire to write a book as a legacy for her children but found herself stuck in fear of rehashing such intense emotional experiences. But by the end of the event, Julie found it writing her to go through with it, and experience both tears and laughter.

The result? She completed a book called “Leaving Life Legacies” as a tribute to her children. The book talks about how inspiring her daughters are in helping her get out of bed every morning to support the Spinal Muscular Atrophy association, and to face the world and its challenges with a smile.

Life is bittersweet, and both flavors make for a nice meal. Julie’s story not only humbles me, but really causes me to deeply appreciate the delicate challenges each one of us face in our own lives. Our own “Mount Everest” so to speak.

**Leave a Legacy**

So, in the table below, list at least five things you would like to leave as a legacy. And here are some ideas:

* Plant a tree
* Plant a forest
* Set up a legacy trust fund for your children
* Build a school
* Build an eco-village
* Give an amount of money to a personal charity

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**Idiotic Things**

**What are some of the silly things you have always wanted to do just for “fun”?**

Life gets crazy, so why shouldn’t you sometimes too? What sort of outrageous things do you want to do or experience, that may be a bit ‘qwerky’ even, but would make you feel absolutely free? That’s what idiotic things is about. Forget about being too serious, and just really have a bit of thoughtless fun (of course, without harm to others).

Megan Maletic had a dream to be on an Australian game show called “Deal or No Deal”.

A few years ago, Megan told a friend, “I have put my name down to appear on Deal or No Deal. It’s my dream to appear on the show – will you do it with me?” The friend laughed, but also felt a little hesitant – what was involved? We both had to take time off work to attend an interview with Channel 7. What would we say? How will we get them to notice us? Scarier still, if after the interview process, what if we were actually CHOSEN to not only go on the show but to be the couple that has to choose the cases? Then my mind started racing – what if we ACTUALLY won some money on national TV? It was a scary thought, which turned to excitement, so the friend agreed!

Weeks later, they received a letter to say we were chosen to be in the ‘holding audience’ where people in the show are chosen from. They were So excited!!

The day of filming arrived. It started at 8am and it was a LONG day. They had to ‘be in the audience’ and clap and cheer on cue for the people in the show. Thankfully, we sat through a whole show in the making and go to see Andrew O’Keefe at his best, full of energy and inspiring! So, the time had come to choose the next contestants and those to be the ‘case openers’. Low and behold both Megan and the friend were chosen to be case openers.

The friend realized then that she had helped Megan fulfil her dream of appearing on Deal or No Deal! She was overwhelmed with excitement! They were given strict rules on how to open the case, how and when to look at the camera, when to talk, when to clap – it was exhausting.

So, their time had come, and they were super nervous. Their case was chosen. They guessed $100 and when opened, it was another figure. Then they moved onto Megan’s case – her moment had come. To my surprise, she changed her guess last minute saying “Andrew, I think I have the car”. Andrew said, “Ok Megan, then let’s see”. She slowly opened her case and bells, whistles went off – she had guessed the car correctly! Now anyone would think they both WON a car judging by our response. They jumped up and down, screamed, hugged, and laughed and they were just so caught up in the moment! Their show and filming day finally came to an end, the contestant won a small amount with a large novelty check, and they went home utterly exhausted.

**Idiotic Things**

They watched the episode on the TV the next week and gathered friends around to have a laugh at our expense. Their husbands were mortified at first when they were on the show, but then got caught up in the excitement of it as well as they spotted themselves on TV. For them, it wasn’t the money that was exciting; it was their little 5 minutes of fame and adulation that won them over as well as a friend’s dream being fulfilled. “It was a crazy and very funny experience.”

So, in the table below, list at least five idiotic things you would like to do. And here are some ideas to help kick things off:

* Wearing something silly in public
* Participate in a flash mob
* Enter an improv contest
* Be a contestant on a gameshow
* Become a contestant on a live music show

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**Satisfy a Curiosity**

**Is there anything that you are curious about experiencing, tasting, hearing, feeling, touching, smelling using the five senses?**

Have something that you’re curious to experience because you’re not quite sure how it’ll all turn out? But somehow, you always wonder what it’d be like? Great! Welcome Ali McIntyre….”Since creating a Bucket List I have had a curiosity for Drag Racing. Just putting that little thought out into the universe a couple months ago and things are aligning…although there were times where I thought, how am I going to make this happen?

There were at times, situations that prevented me from getting in the car and driving down the track ie: rain and test meetings cancelled. One thing I did was I didn’t give up. I had people around me that supported me. I could see myself racing and although I didn’t know when or how it was going to happen, I just knew I would. I ended up having an opportunity where I was encouraged to race in a major two-day event even though I hadn’t even had a test run.

I knew I had to take the opportunity. The weekend came for me to race there I was at my first major event not knowing what to expect apart from giving it a go and doing my best. I started at the start line and took off. After the first run I was so excited I had finally done it!

I had quite a few more runs and got better as the day went on. I have found my new passion driving very fast legally. Since that event I race most Wednesday nights and Saturday’s and my confidence is building all the time on the track. I have competed in two more major events since then, with one being in support for Breast Cancer Patients.”

I’m sure like Ali, you too have things that you want to do to “satisfy a curiosity”. Isn’t it exciting that a ‘surprise’ experience could be just around the corner for you?

**Satisfy a Curiosity**

So, in the table below, list at least five things you want to experience to satisfy your curiosity. Here are some ideas to help kick things off:

* Taste a snow egg
* Eat a snail in France
* Watch the Northern Lights
* Map your family tree
* Sleep in an ice hotel for a night
* Experience the Burning Man Festival

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**Travel Adventures**

**What places would you like to see in this world? What activities would you like to experience across the globe?**

Traveling the world and experiencing the amazing things this globe has to offer, is one of the most rewarding experiences you can have in life. It brings fresh perspectives, learning lessons, and the opportunity to meet and connect with others outside of your current ecosystem.

Here’s a story from Dr. Troy Hendrickson, in his own words…

“One of the things that my father had always talked about was his desire to go fishing in Alaska. As an avid fisherman throughout his entire life (he is now 74 years old), it was one of the things that he always dreamed about doing….someday. While attending a Bucket List event, I got the ‘fire in my belly’ to make this trip happen because I realized that at age 74, the potential of that ‘someday’ never happening was very real unless I proactively took the steps to make it happen.

My sister died from a long battle with cancer just three years earlier in 2010, so the notion of ‘taking our life span for granted’ really resonated with me when we talked about this in the workshop. The idea to take my dad and my brother on this “Bucket List trip” to Alaska had been planted, and it was germinating very quickly within my mind.

Over the next three days I did meticulous research regarding all the nuances of this Alaska fishing trip, including best location to go, the best fishing guides, the best times and, of course, the best place to stay. If this trip was going to happen, it was going to be special. I knew that I was going to have to ask for forgiveness rather than permission because my father would most certainly have some lame excuse for why he could not go – (aches and pains or some other justification/rationale for why it was not a good idea).

I also realized that this may be the only time that my father, my brother, and I could spend time together experiencing something that was very memorable. I grew up with two siblings and with my sister no longer living, my brother and I are the only ‘children’ that remain. So, I decided that I needed to also bring my brother on the trip. I even contacted my brother’s boss (without him knowing) to secure the time off in his work schedule so that I could minimize excuses he would present to me. I needed to proactively address all obstacles and create a scenario that minimized the likelihood of them having an excuse NOT to go.

Although there was a huge risk in them bowing out, I booked the flights and secured a 7,000 sq ft cabin on the Kenai Peninsula for an entire week in May. I also locked in fishing guides throughout the week so that we could go fishing for king salmon, sockeye salmon, halibut, and rainbow trout.

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When I contacted my Father and Brother to inform them of the trip, it was not a request for them to come…it was a demand for them to be a part of My Bucket List adventure.

Long story short, we had the most incredible week that I could possibly imagine – catching our limit of every one of the previously mentioned species of fish and having an absolute blast! However, there was one ‘moment’ that will be etched in my memory forever. I remember glancing over at my dad as he looked out the window of the plane during our fly-in sockeye salmon trip, absorbing the amazing scenery, with his hand resting on my brother’s leg…and there was a small, glistening tear streaming down his cheek as he said, “I never thought this would actually happen…especially not with my two sons, this is a dream come true…”. It’s never too late to take a stand and make the most out of your life.”

So, in the table below, list at least five travel adventure you want to experience. And here are some ideas:

* Backpack through Tibet
* Cruise the River Nile
* Go on an African Safari
* Hike the Pacific Crest Trail
* Visit the Great Wall of China
* Drive Route 66

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| Item # | **Travel Adventures** |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
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**Final Remarks on Writing your Bucket List**

Your Bucket List will end up looking unique to you. And remember, that’s perfectly fine because everyone’s definition of satisfaction and success is different, so know that it is futile to compare yourself to someone else.

Will you bucket list change over time? Yes! Even some of your values will change over time. Of course, some values which are more like core values will remain unchanged throughout your life, but as you go through the journey of being human, what’s important to your life changes. For example, people with children might have a much stronger focus on family than a teenage boy whose highest priority might be chasing a girl!

So, feel free to chop and change things on your bucket list as you please. It’s totally normal and necessary! Your bucket list is a living and breathing thing.

Wishing you the greatest success and inner peace as you design your life of intention!

My Reverse Bucket List

In the space below, list some ‘Bucket List” worthy items that you’ve already accomplished.

**M** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Y** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**B** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**U** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**C** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**K** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**T** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**L** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**S** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**T** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_