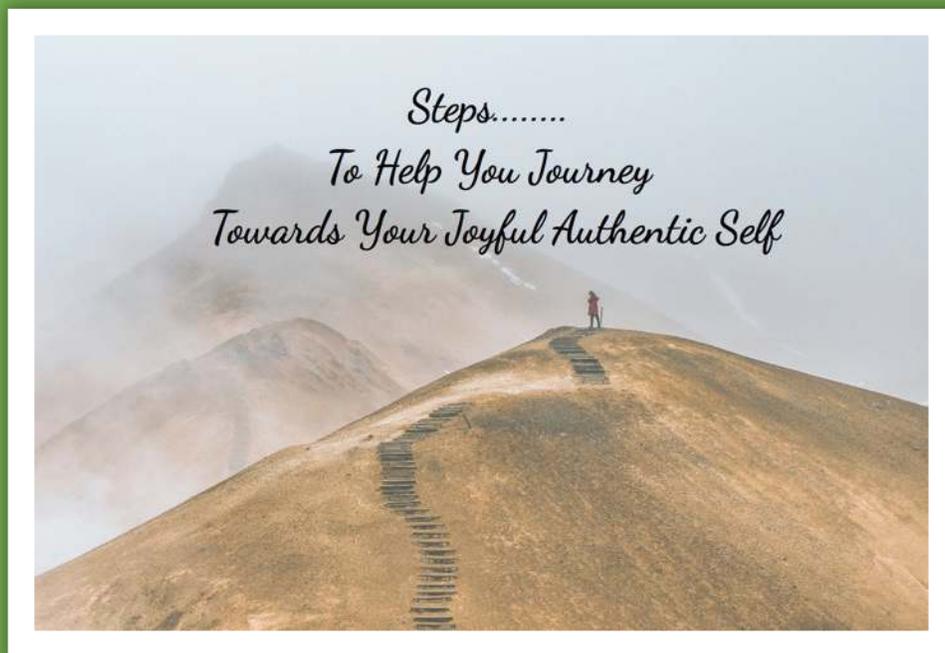


MODULE SIX

Stepping Stone 90

Create A Compelling Future – Make Your Bucket List



Create a Compelling Future: Make Your Bucket List

If you don't have a bucket list, you're short-changing yourself. ***A bucket list will pinpoint those activities and achievements that mean the most to you.***

Life doesn't last forever. If you don't prioritise your time, you might miss out on something important! Consider making a bucket list today. There are even phone apps that will help with the process.

Create a bucket list and define your future:

1. **Have different types of items within your bucket list.** You might include a few physical challenges, like running a marathon. You might have a few adventures, like scuba diving on the barrier reef or hang gliding. It might be fun to include a few intellectual and travel items. Maybe you've always want to learn how to play the banjo.
2. **Keep it meaningful.** Do you really want to spend six months and \$100,000 climbing Mount Everest? Some things are impressive to others, but might not be meaningful to you. Avoid choosing items to impress others. Worry about impressing yourself.
3. **Keep the list short.** You don't have time to do everything that sounds appealing. Better yet, make a long list but always have a top 10 list. The top 10 can change over time, but always prioritise. The most important items on your bucket list will matter more than the rest of the list combined.
4. **Have one item you can do with your currently available time and resources.** It might be to go skydiving or rent a limo for the evening. There's no time like the present to check an item off your bucket list. Give yourself a quick feeling of achievement.
5. **Set goals based on your bucket list.** If you want to live in Costa Rica when you retire, you might set some financial goals. You might also start learning how to speak Spanish. Ensure that you have goals that support the fulfilment of your bucket list items. Remember to review your goals regularly and remind yourself why you're pursuing them.
6. **You don't have to create your list in a single sitting.** Assuming it will take years to check off all the items, your list will change over the years.

You're changing, so it's only reasonable to expect your list to change, too.

- When something strikes a chord within you, add it to your list.
- Set aside a few minutes each week to update your bucket list.

7. **Have few items that are relatively easy to achieve.** Some of the best things can be simple and easy. Traveling to Europe is easier than swimming the English Channel in December. Give yourself a few easier goals and gain some momentum. Have bucket list items that range in difficulty from easy to difficult.
8. **Look at other bucket lists for ideas.** There are countless lists available online for viewing. Seeing the goals of others will inspire you. You might even find a good idea or two to add to your list.
9. **Think about with whom you'd like to share these experiences.** Going to the Oktoberfest in Germany would be fun. It would be even more fun with your old college roommate. Some of the items on your list you might prefer to tackle alone. Others might be more meaningful with a friend.

Consider the many benefits of making a bucket list. It's not only fun to brainstorm, but you can also lay out a framework for the future.

A bucket list should be required for everyone over the age of five. If you don't have a bucket list, make one immediately.

Remember it's all about what YOU want to do, what YOU want to achieve and what fun YOU want to experience.