

# BUCKET LIST



## INSTRUCTIONS

- 1. Divide your Bucket List into mini-buckets to help stimulate your thinking** - Thrills, Achievements, Family, Crazy Ideas, Travel, Active Goals, Physical, Emotional, Intellectual, Spiritual, Material, Professional, Creative, Legacy, Character Building.
- 2. Hot Pen** - Try to sit down and write a starting list of 10 ideas in 10 different mini-buckets, put pen to paper and don't stop writing. Don't think or cross anything off. Brainstorm! Come back to the list a week later to distill it down.
- 3. Prioritize** - Put dates by at least 1- 2 items per year.
- 4. Dream Big!** - The ideas below were inspired by the book, The Dream Manager, by Matthew Kelly, an excellent resource on this topic to help you accomplish your personal dreams and those of everyone who works for and with you!

### PHYSICAL

- look and feel healthy
- run a marathon
- quit smoking
- lose weight (get back to college weight)
- drink less (and drink better quality when I do drink!)

### EMOTIONAL

- help my spouse and children discover and pursue their dreams
- buy my own home
- be in a great relationship
- take my spouse to Italy
- really try to listen more

### ADVENTURE

- visit the Great Wall of China
- visit Australia
- see U2 live in concert
- walk the Appalachian trail
- walk The Camino
- visit the Picasso museum in Paris
- go skydiving
- climb a 14,000 foot-mountain
- take off 1 month a year to recharge

### PROFESSIONAL

- get a promotion
- become #1 in the market
- build a dynamic team/ department
- develop a new product
- reach \$100 million in sales

### FINANCIAL

- pay off credit-card debt
- start a college fund for my children
- earn \$250,00 per year
- build a stock portfolio worth \$1,00,00

### CREATIVE

- write a book
- learn to play guitar
- take a painting course
- study photography

### PSYCHOLOGICAL

- strengthen my willpower
- overcome my fear of public speaking
- face my addiction

### CHARACTER

- develop patience
- do what I say I will do
- be respected for being completely trustworthy

### MATERIAL

- get a new car
- buy my dream watch
- own a place by the beach

### INTELLECTUAL

- go back to school
- learn another language
- read more

### SPIRITUAL

- develop greater inner peace
- learn to enjoy uncertainty
- study the Scriptures

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