

BUCKET LIST

ROCK YOUR
LIFE PLAN

INSTRUCTIONS

- 1. Divide your Bucket List into mini-buckets to help stimulate your thinking** - Thrills, Achievements, Family, Crazy Ideas, Travel, Active Goals, Religion, Physical, Emotional, Intellectual, Spiritual, Material Possessions, Professional, Creative, Legacy, Character Building. Which of these mini-buckets appeal to you?
- 2. Hot Pen** - Sit down and brainstorm 100 ideas, put pen to paper and don't stop writing. Don't overthink or cross anything off. Brainstorm! Come back to the list a week later to edit and distill it down.
- 3. Prioritize** - Put dates by at least 1- 2 items on your bucket list 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 lives and works for and with you!

PHYSICAL

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

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
- 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 \$250,000 per year
- build a stock portfolio worth \$1,000,000

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 POSSESSIONS

- 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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SLAIN FAMILY BUCKET LIST

THRILLS

- ~~SCUBA with Sharks (Completed 2014)~~
- ~~Have dinner at French Laundry (Completed 2018)~~
- Drive Lamborghini (2020?)
- Catch live lobsters in the ocean
- Go Tuna Fishing and eat sushi right on the boat
- Dinner with a major movie star or POTUS

ACHIEVEMENTS

- ~~Build a crazy fast computer (Completed 2017)~~
- ~~Publish a book (Completed 2019)~~
- ~~Set up a foundation to donate to abused and neglected kids (Completed 2019)~~
- Write a memoir (if my story is good enough...)
- Be invited to join YPO
- Be Global Board Member of EO
- Get a Patent
- Story in NYT
- Lobster tank in my house
- Build a \$100M company
- Get Pilot's license with Katherine for small plane
- Win over \$10,000 in a day playing Blackjack

FAMILY

- ~~Buy 139 E Washington (Completed 2019)~~
- Build a dream house with Katherine (2023)
- Set up a foundation to pay for education of our kids, grandkids, and all family (loans that they could repay at 0% interest)

CRAZY

- ~~Buy Katherine a BMW in Munich (Completed 2017)~~
- Be on This Old House
- Celebrate 50th wedding anniversary
- Ride in a jetfighter
- Own a second home? Beach house?
- Live to 126!

TRAVEL

- ~~San Francisco Tonga Room Bar (Completed 2016)~~
- ~~Hawaii (Completed 2017)~~
- ~~Japan (with kids) (Completed 2019)~~
- Chunnel (2021)
- Tours by Disney, National Geographic or UNC
- African Safari (with kids)
- Great Barrier Reef (with kids)
- Sail Bahamas (with Kids)
- Great Wall of China
- Little's House in France
- Yellowstone
- Florida Keys
- Lisbon, Portugal (Ramiro's for shellfish)
- Alaska
- Rio, Brazil for Carnivale
- Mexico City for Dia De Los Muertos
- Everglades
- Eurorail
- Hong Kong
- Bora Bora or Fiji
- Colorado River (White Water)
- Iceland (with Kids)
- Vancouver/Portland
- Whistler Skiing (with Kids)

ACTIVE:

- ~~10K in under 1 hour (Completed 2014)~~
- ~~Half Marathon in under 2 hours (Got close twice in 2015)~~
- ~~Dogsledding (Completed 2017)~~
- ~~Broadway Play with Girls (Completed 2018)~~
- Attend Oscars
- Attend Superbowl
- Attend Wimbledon
- Duke vs. UNC Basketball game in Front Row
- Attend Summer Olympics
- Master SCUBA Diver