

THE BUCKET LIST



DISCOVER HOW TO DO THE THINGS
THAT GIVE YOU THE MOST MEANING IN YOUR LIFE



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Foreword

If you're chasing after the bucket list idea, you're going to ask yourself what's the point? A bucket shouldn't be full of impulsive stuff that we pick up as we go along through life. It shouldn't be filled with stuff that others talk and dream about unless it genuinely resonates with your dreams. Chasing others dreams would be similar to having a hole in your bucket.

The most gratifying things to go into the bucket for most of us are those that are part of a larger context. For instance, visiting the Great Wall of China would more than likely be a more meaningful experience. Acquiring that larger context or framework is something that can and should take careful and thoughtful consideration. It often takes hard thought and hard work to develop.

Here are our suggestions for creating and managing your Bucket List:

1. Make sure you get satisfaction and joy from your day-to-day stuff.
2. Do not buy into your ideas and turn them into goals immediately. Mull them over. If you weigh them carefully, you will probably find you are able to improve, substitute or cancel them while heightening your total life experience.
3. Make a plan and enjoy the process. Planning isn't optional. It's a generally accepted as being a requirement by most of the experts in the field of setting and achieving goals.
4. Discover ways to make each goal more meaningful. Include dimensions of quality within the items on your list. If you involve like-minded individuals in group activities, you will probably get

much more from the experience than if you do not. For solitary pursuits, take steps to ensure you get the most from the experience.

5. Ensure your goals are consistent with who you are. Or reshape them to suit your style and preferences. For example, introverts and extroverts alike can enjoy a certain travel destination like say the Eiffel Tower, yet experience it quite differently.



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