

# The Bucket List

## Awareness Exercise

In the film, *The Bucket List*, Jack Nicholson and Morgan Freeman go on a road trip to do the things they want to do before they “kick the bucket.”

Why not create your “bucket list,” before your life is in jeopardy. Just making such a list will get you to start thinking about what you would like to do. This will get you to create a “mindset” so when opportunities arise you will recognize them. That’s all the more reason to create your bucket list.

So, the next time you are tempted to spend money on something that is not worthy of you, you can think, “Oh, I’m going to put that in my special ‘bucket list’ Savings Account.” Yes, that is also something you can do. Set up a “savings account,” just for your bucket list event.

You can get inspired by checking out the books below and website. This is a fun thing to do, so get started now.

### Books:

1,000 Places to See Before You Die by Patricia Schultz

Ten Fun Things to Do Before You Die by Karol Jackowski

### Website about creating a bucket list:

<http://bucketlist.org/>

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Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

### DETAILS:

#### The Bucket List

#### Estimated time:

10 -20 Minutes  
or More if you do Research.

#### Intended for anyone who:

- Wants to clarify what they want to do before they die.
- Wants to identify places to see before they die
- To gain clarity about purpose and mission in life

#### Upon completing this exercise:

You will have a clearer picture about you want and a mindset to recognize opportunities as they arise

#### Materials required:

1. Bucket List (PDF) available **HERE**.
2. Printer.

#### Prerequisites:

None.

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## Awareness Exercise

What adventures do you want to experience? The main thing is just to start thinking about what you want to do. Where do you want to go? What do you want to see? What would you like to experience and accomplish before you “kick the bucket?” You don’t have to wait until you are ready to “kick the bucket” to think about this. Do it now. (The picture below is of Cambodia.)

1. Start making a list. It doesn’t have to be complete. Just get started writing down your ideas and more ideas will come to you. You will refine it over time.
2. Ask friends where they would like to go or what they would like to do as part of their bucket list.
3. Do a little exploring on the internet. Check out great vacation spots or places to see in parts of the world that interest you.
4. Get pictures of places you want to see and put them on your “vision” board. For example, someone riding an elephant in Thailand. Someone on a camel seeing the Pyramids in Egypt. Or, a picture of someone swimming with a dolphin in Hawaii.
5. What do you want to learn to do and then do it? For example, learning French and then going to France and testing your French speaking skills.
6. Have you wanted to learn to scuba dive so you could enjoy scuba diving in exotic places like Thailand?
7. Do ancient ruins interest you? Put the names of those places on your list.
8. Keep your eyes open and ears peeled for what excites you that you may one day want to visit, explore or do.
9. Now with your list, you will have created a mindset for opportunities and information related to your bucket list that just may lead you to actually doing what you have on your bucket list.
10. Do your list now. Create a mindset so as opportunity arises, you will recognize it.

