

# BUCKET LIST

## What is a Bucket List?

We all have a Bucket list, even if it's only milling around in our heads. A "Bucket List" is a list of things to do before kicking the proverbial bucket and it's unique to each of us. If you haven't written down your bucket list before you will be amazed at the difference that it will make.

We are all so busy that the things that we really want to do seem to get buried deep in our minds and some may not come out until it's too late.

The act of writing things down and reviewing keeps things fresh and you will find that the things that you thought that you never had time to do will get done.

When you have finished your list choose the top 6 that you want to work on. Your personal Bucket List is now ready and you should start straight away. You may like to choose something that is easily attainable first because when you start ticking things off you will gather momentum. I can't wait to hear about what you've achieved.

I have suggested that you use the **Life Balance Wheel** as your starting point but do not be constrained by it. This is your Bucket list and make sure that it is your own.

### Ask yourself:

- What do I want to achieve?
- What would I like to do?
- What is important to me?
- Is there anything that I would like to leave behind after I've gone? (my legacy)

## Making your Bucket List

Below are 13 categories and questions you may want to consider when creating your bucket list. Fill in those that are important and/or relevant to you and then review your responses before **ranking your top 6**.

### 1. Marriage / Partnership:

*If you are in a loving relationship are you continually keeping it alive? What can you do to be more romantic?  
If you are not in a relationship would you like to be? And if so what sort of person would you like to meet and where can you find them?*

RANK  
6

### 2. Family Life:

*Do you have a good family life? Do you see them often enough? Is there something that you would like to do for your children or grandchildren or 'extended' family? Is there someone that you haven't spoken to for a while that you need to make up with?*

RANK  
6

...continued over 

**3. Social:**

*Do you have a good social life? Do you spend time with your friends, within your communities, or at your sports or leisure clubs? How could this be improved? Is there a new activity that you would like to take up?*

RANK  
6

**4. Personal Development:**

*Are you keeping your mind active by engaging in something that challenges you? What would you like to do that you are not already doing? This could be anything from taking a degree or parachuting to learning to knit or read the top ten classic novels - it just has to be important to you.*

RANK  
6

**5. Career or Business:**

*What inspires you? Do you have a career or business target? If your main focus is outside of your work how can this be enhanced? If you are retired are you or do you want to be involved in voluntary work?*

RANK  
6

**6. Attitude:**

*Are you satisfied that your attitude is helping you to enjoy life and get where you want to go? Is your attitude an inspiration to others - does it make them feel good to be around you?*

RANK  
6

**7. Health:**

*Your health is your most valuable asset. Are you looking after your diet and doing enough exercise? Do you need to lose weight? Looking after your physical and mental health is vital. Do you have enough relaxation time or take time out? Do you meditate?*

RANK  
6

**8. Financial:**

*Are your finances where you want them to be? Do you have debt that you should clear? Do you manage your day to day finances well? Does your long term planning enable you to look forward to financial independence? And is everything in order so that if you die those you leave behind will be OK?*

RANK  
6

**9. Home:**

*Are you living where you want to live? If not where would you like to be? If you are happy where you are is there anything that you would like to do with your home? Decorate, extend, garden, etc. Do you think that you might move in the future? If so where do you think that might be?*

RANK  
6

**10. Tangibles:**

*is there anything that you would like to own? A particular car, a TV or sound system, a new kitchen, some new clothes, jewellery, a horse, dog or cat?*

RANK  
6

**11. Leisure / Recreation:**

*Are you involved in leisure activities that enhance your life? If you would like to travel where would you like to go? Make a list of places that you would like to visit.*

RANK  
6

**12. Spiritual:**

*This may involve your church and your religion but it may not. Even if you are an atheist asking yourself why am I here and what difference am I making are important questions. What will be my legacy? Will my life have made a difference?*

RANK  
6

**13. Other:**

*The above categories are only there to prompt you - do not be constrained by them. Make a list of anything that doesn't fit above.*

*This is your chance to dream and use your imagination - your 'What If?' - be outrageous if you like.*

RANK
6

RANK
6

RANK
6

RANK
6

RANK
6

Name \_\_\_\_\_ Date completed \_\_\_\_ / \_\_\_\_ / 20 \_\_\_\_