



BUCKET LIST

PURPOSE & FOCUS

Setting goals and looking to the future.

PARTICIPANTS

Any number of participants.

TIME ALLOTMENT

30+ Minutes

ACTIVITY LEVEL

Low

MATERIALS

- Bucket List Article (Print one per group of 3 or 4 participants)
- Printable Bucket List (Print one per participant)
- Pens or Pencils for each participant

METHOD

- Divide participants into groups of 3 or 4 and provide each group with a printed copy of the Bucket List Article.
- Read the Bucket List Article out loud and discuss:
 - What did you find interesting about this article?
 - How realistic is it to write a bucket list and then do the activities listed? Please explain.
 - Do you think life is boring? If yes, does it have to be boring?
 - Why is it important to have dreams or goals?
 - Is a dream life within reach for everyone? Why or why not?
- Provide each participant with a printed bucket list and explain that they will be creating a list of 6 to 8 of their own personal goals and dreams. This printable has 20 lines so that they can add items later, too!

DISCUSSION

- Which item on your bucket list is the most important?
 - ...most achievable?
 - ...most outrageous?
 - ...most fun?
 - ...most serious?
- Ask participants to share the first item on their list they wish to accomplish.

What's on Your Bucket List?

Many self-help books suggest getting off the couch and making your dreams come true. A perfect (or nearly perfect) life only needs a little self-discipline and hard work, and is reachable if you try. Many of these books also suggest that regrets pile up and diminish happiness and fulfillment.

In the real world, however, a dream life is usually unattainable. It's something to think about from time to time, such as during the commute to work or just before you fall asleep each night. But most people can't write a best-selling novel, for example, nor get rich with a start-up business – two common dreams of many people. Responsibilities like family, rent, and work must come first, and daily life often contains a lot of drudgery. The self-help books get one thing right, though: the bucket list.

A bucket list is a “to do” list before you kick the bucket, or die. Many people want to learn a foreign language someday, skydive, or travel to exotic locations around the world. The list should be inspirational, which balances more boring facets of everyday life. You don't need to live each day as though it were your last day. Yet the list should help you plan imaginative, colorful, and even courageous acts. Explore your imagination, for human nature requires more than an endless series of identical days. In addition, the list can contain items which enrich the lives of others, too.

So, what's on your bucket list?

- What would you like to learn in your lifetime?
- Where would you like to go?
- What would you like to see?
- What would you like to do?
- If you could have any job, what would it be?

My Bucket List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Collect experiences...not things!