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Lifetime goals bucket list

This article is available for download as a free PDF ebook. Click the button below to download my free ebook. Everyone dies — Not everyone is really alive. – William RossThe only people who fear death are those who have regrets. – UnknownA writer a few days ago, I was surfing online when I came up with someone's bucket list. It inspired me to create my own bucket list and write a post about it at the same time. What is Bucket List? If you've never heard the term bucket list, it's a list of all the goals you want to achieve, the dreams you want to fulfill, and the life experiences you want to experience before you die. Why Create a Bucket List? If you don't live out your days based on goals and plans, chances are you spend most of your time caught up in the turmoil of daily activities. Ever felt that your days passed you without any real output? What have you achieved in the last month? What's your goal for the next three months? Look at the things you've done and the things you plan to do next – does that mean anything to you if you die today? Having a bucket list reminds you of what's really important to you so you can act on them. Even if you live by purpose or to-do list, they may be framed in social contexts, such as performance, career, health. Bucket lists open up context for your life. This is a list to identify everything you've ever wanted to do, whether it's big or small, purpose or random. It's like planning all the highlights for YOUR life. ☺ even though I've set goals by default, I still find a lot of new things to do when writing on my own list. It was a very insightful exercise. T further, coming up with my list gives me new enthusiasm knowing what I have planned ahead for my life! The purpose of making this list is not to create a fear-based mentality towards death. I don't see our existence limited to our physical years on Earth – our physical lifespan is just a short point of our existence in the universe. The whole point of creating a bucket list is to maximize every moment of our existence and live our lives to the fullest. It's a reminder of all the things we want to accomplish in our time on Earth so that instead of spending our time on pointless things, we point it to the things that matter to us. Create Your Bucket List! If you don't have a bucket list, I highly recommend you create one. How much does it cost? Zero. How long does it take? Maybe 30 minutes to an hour; more if you really get caught up in writing it. ☺ What do you stand for Significant clarity in what you want from life. This is an invaluable exchange. ☺If you already have a bucket list, take this opportunity to review it. See if there are any new items you want to add. If so, add them in Check if all the items listed are still relevant. Otherwise, delete it. Now, remove your pen and paper or open a text document. Start writing down what comes to mind as you read this If you're going to die tomorrow? What would you wish you could do before you die? What would you do if you had unlimited time, money, and resources? What do you always want to do but not finish? Any countries, places or locations you'd like to visit? What are your biggest goals and dreams? What do you want to see in person? What achievements would you like to have? What experience would you like to have/feel? Any special moments you want to see? What activities or skills would you like to learn or try? What's the most important thing you've ever done? What do you want to say/do together with others? The one you love? Family? 's friends on? Any specific individuals (celebrities, famous people, world leaders) that you want to meet in person? What do you want to achieve in different areas of your life: Social, Love, Family, Career, Finance, Health (your weight, fitness level), Spiritual? What do you need to do to live a life with the greatest meaning as defined by you? Come up with as much stuff as you can. Items should be things you haven't done yet. Don't stop until you have at least 101 things! If you find yourself trapped, chances are you're limiting yourself mentally. Remove the shackles — your bucket list is meant to be a list of everything you want to achieve, do, see, feel, and experience in your life. See the next section to add inspiration.101 Things to Do Before You DieHere are 101 items to consider for your bucket list. ☺ Take a look at the list – does anything resonate with you? Note that the list below is an example of a list of things you can enter for your own list. Not all of them will work for you, and you don't have to do it for the sake of it. Grab items that resonate with you and use them for your own list! For your convenience, I have included useful resources (hand-selected by me) to assist you in your bucket list search.1. Travel around the worldTraveling – this is the only activity that exposes you to a new culture, expands your mind, moves out of your comfort zone, allows you to meet new people, and experience the wonders of the world. I am a strong advocate of travel and have actually traveled extensively around the world in recent years. In 2011, I traveled non-stop for 7 months across Europe and the US where I met PE readers from all over the world and held PE reader meetings in London, London again, New York, and Los Angeles. I then went to Kuala Lumpur, India, South Africa, Hong Kong, Scotland, and Hong Kong where I held PE reader meetings in everything (except India). overall, I have spent about 50% of my time between 2011 to 2013 traveling! I look forward to visiting new places like South America, Canada, Japan, Korea, and New Zealand moving forward. What about you? What new countries would you like to visit? Here are some travel resources:2. Learn a new languageSet up a new language is never easy but very satisfying when you can talk to someone in a foreign language! I admire the people who multilingual — I personally only speak Fluent English and Mandarin while having functional knowledge of Hokkien, Japanese, and Bahasa Indonesia. I hope to learn several foreign languages - Spanish being one of them - in the future. Multiple language sources:3. Try professions in different fieldsWhat is your profession now and for how long have you been doing this? Is it time for a change of profession? It's fun to do something different from what you've done, and it doesn't have to involve quitting your current job – you can always experiment with volunteer work in the field you enjoy or start a part-time business on the side. It's all about expanding your horizons and trying something new.4. Achieving your ideal weight! used to be a severe binge eater (a story I've shared in my My Journey with Emotional Eating series) and made a commitment to overcoming my emotional eating, healthy living, and losing excess weight I have been one of the single best decisions I've made in my life. Make a commitment to be healthy. What is your ideal weight? Are you at your ideal weight today? What can you do to start being healthy? Some weight loss resources:5. Running a marathonA marathon is a 42.2 km (26.2 mile) long-distance running race - definitely not an easy feat that requires training and hard work! Practicing and completing a marathon will not only develop you in your physical strength and endurance, but also your mental tenacity, will, and attitude. Read:26 Tips To Run Your 262 BestHow to Run Your First Marathon6. Taking part in triathlonA triathlon is a several-stage competition involving the completion of 3 continuous and sequential endurance disciplines. Modern triathlons are swimming/bike/running events performed in that order. If you think that the marathon is difficult, wait until you try the triathlon - the ironman triathlon consists of a 3.86 km (2.4 mi) swim, 180.25 km (112-mi) bike and a 42.2 km (26.2 mi) run (it is a marathon race!) But don't run in the opposite direction just yet - there are a lot of triathlons of different distances that are completely manageable. For example, a sprint triathlon is 750 m / (0.47 mi) / 20 km (12.4 mi) / 5 km while an Olympic triathlon is 1.5 km (0.93 mi) / 40 km (24.8 mi) / 10 km (6.2 mi). One of my readers decided to practice triathlon as a personal milestone – despite never doing a marathon in his life! She finally completed the triathlon after a year of training, and is very proud of herself! Ready to take on the triathlon challenge? ☺ Read:7. Taking up the new sportSports is a great way to stay in shape! Whether you're an indoor or outdoor person, there's a sport for everyone. are some sports to try:Sports techniques: Archery, Golf, Bowling, Billiards, Skateboarding, Skating, Roller-blading, Ice skatingRacket sports: Squash, Badminton, Tennis, Table Tennis Water sports: Rafting, Kayaking, Wakeboarding, Sailing, Swimming, Scuba diving, diving, Sports: Football, Rugby, Baseball, Basketball, Ultimate frisbee8. Go scuba diving/snorkeling and experience marine life up closeAll humans, we spend all our lives on land. Yet there is a whole world under the sea that we are not privy to! Did you know that 71% of the Earth's surface is actually oceans? And did you know that due to the depths of the ocean, it contains about 300 times the volume of habitable terrestrial habitats on Earth - and many marine species are still to be found? With scuba diving and snorkelling, you have the opportunity to get up close and personal with marine life – and see, feel and experience the vast ocean firsthand. Scuba diving is one of my bucket list items! Read:9. Go skiingThere's something about being able to slide in the snow while controlling your motor movements which just makes skiing such a fun sport. It's not easy or safe at all - one should take lessons before trying skiing alone - but it's a good idea to try, especially for people who don't live in winter countries. I personally haven't skied before and would love to try it next time. Read:10. The Inca TrailThe Inca Trail is the most famous ride in South America and is rated by many to be in the top 5 tracks in the world. Start at Chillca and follow the route to Machu Picchu, The Lost City of the Incas. Read:11. Go horseback ridingHorseback ride in Chennai, India, complete items from my bucket list! ☺Since in early 4000-3500 BC, horses had been domesticated and lived with men. While horses used to be kept as meat animals, and then as animals working to transport materials and humans, today, horse riding has turned into a competitive hobby and sport. Horseback riding by itself can be a good sport to relax and unwind from the hustle and bustle. Unlike typical sports where you are alone or with others, in horseback riding, you work with animals - horses - and often build emotional bonds with them, sometimes one is even stronger, more unspcakable, than what you have with peers. More on horseback riding:12. Do extreme sports! don't consider myself an extreme sports person, but I like experimenting in life. When I was in Cape Town in April 2013, my host and reader Lizette invited me to go paragliding because she had friends who licensed tandem paragliding pilots. I took up the offer, and went paragliding not once, but twice!!! I did paragliding in Cape Town on April 18, 2013. Look at that view!!! We were actually floating in the air for a minute or two. One of the most real moments of my life!! The experience was huge and one that I would never have I recommend everyone to try at least one extreme sport in our lives! (Of course, make sure *all* security precautions are put in place and that you are with a professional and licensed instructor.) Although the experience may only last a few minutes, a few minutes of it will be some of the most memorabale of your life. More More My paragliding experience here: My Paragliding Experience in Cape Town! Starting: 13. MountaineeringWhy your life risks climbing a mountain when the journey is full of rocky terrain and with constantly changing weather conditions? For some, mountaineering is an external conquest; Yet will enjoy themselves, so that they may enjoy themselves; others see it as a step in the journey of their personal growth. Whatever it is, mountaineering is an achievement that requires physical endurance and mental tenacity to achieve, and is definitely a bucket list of decent stuff. I haven't climbed a mountain yet but I plan to do that sometime in the future!14. Learn strategy gamesStrategic games such as chess, checker, Chinese chess, Reversi (also known as Othello), Mindsweeper (part of the Windows bundle) is a great way to train your mind. As a child, my brother and I used to play Chinese chess; I also enjoy playing mind sports like chess and Reversi a lot and will do it with my friends and against the computer). I don't know if playing games like that helps me be smarter, but I know it definitely teaches me to think fast, to develop an action plan in anticipation of future problems, and to think before I act! Starting at:15. Connect with past teachersSome of us might think of teachers in a bad light. After all, teachers are often remembered for giving us endless assignments and tests and generally making our lives miserable while at school! However, our teachers are also important educators who provide important knowledge – and life skills – to us during our early years when we are the most impressive. They make sure that we will be on the right path when we enter preadolescence, adolescence, and then adulthood. While teachers don't always get everything right, their intentions come from a good place and they want to see us win. Think about your past teachers in junior high, high school, and tertiary education. Find a way to get back in touch with them. (Calling your alma mater is always a good start.) Let them know how they have touched your life.16. Let someone know how much he means to you! the course of our lives, we are constantly touched and supported by those around us, be it friends, family, or acquaintances. Can you identify someone who has made a difference in your life? Write a letter to that person today and let him know how much he means to you. You can do this as much as you want, to as many people as you like. Read:17. Give someone a heartfelt surpriseWhen was the last time you gave someone a surprise? ☺ Always to go home for a well-cooked dinner, to have a bouquet of flowers delivered to you at work, or even to receive a simple text message from a loved one. Who's the person you want to touch today? What surprise can you give him? Read: #KindnessChallenge 14: Do Something UnexpectedLy Good For Someone18. Doing good deeds without expecting anything in returnMany of us often waits to receive rather than give. But to relationship with them, there must be giving and acceptance. If you often find yourself wondering why no one gives you what you want, what about practicing giving to others first? ☺ The rest will follow. Can you think of someone in your life who needs help or can benefit from your help? How can you extend your support to him? Read:19. Making a difference in one's lifeUpdate a difference more than doing good deeds, although it can come as a result of good deeds. When you make a difference in someone's life, you change people's lives for the better... Permanently. What difference do you want to make in the lives of others? How did you make that happen? Read: #KindnessChallenge Day 7: Make a Donation20. Be a mentor to someoneTeaching is one of the most rewarding things we can do. No matter how old you are, even if you are in your teens, you are always in a position to guide others – perhaps someone more junior than you or someone older but can benefit from certain skills you have. Guiding others is also a great way for you to develop yourself as well. Many communities are always looking for volunteer mentors, so check with your local community program for these opportunities. At the same time, is there anyone you know who can benefit from being guided by you? Expand your hand to help – who knows, that's probably what he needs right now!21. Pursue your passion Honestly, life is too short to spend doing something you don't love. This is why I quit my day job in September 2008 (the right start at the beginning of the financial crisis no less) to pursue my desire to help others grow. I haven't looked back since then – for the last 5 years, I've written in Personal Excellence and helped people to grow. This is the most satisfying thing I've ever done and I plan to do this for the rest of my life. What's your passion? Is it to be an artist? To sing and perform? To be a life coach? To travel? To help others grow (equal to my passion)? To be the best you can be? How did you start chasing him? If you don't know what your passion is, this exercise will help you find it: Find Your Life Goals in the Next 30 MinutesSome person pursues their passion part-time while some make it their career (or even turn their passion into a business). I personally think that if something is your passion, then you should turn it into your life's work, because that is the way that synergistic and useful that you can pursue. Contrary to the general belief that pursuing your passion is at odds with being rich, you can pursue your passion and abound financially. I'm an example. These articles document the early stages of my passion journey and will help you at you:22. Start your business entrepreneurship filled with uncertainty but of course fun and rewarding! I started my personal development business in 2008 with no knowledge of blogging or professional training and started starting out more than my last company salary in my third year. By being smart, diligent, and persistent in your efforts, there is no reason why anyone should not succeed. Read:23. Fly in a world-view hot air balloon as you float in a hot air balloon... Spectacular. A, I had to fly in a hot air balloon while I was in Orange County in 2012... Although it was only a stationary balloon ride that went up for a minute before it came back down. My next goal is to have a real hot air balloon ride. Read: 10 Best Hot Air Balloon Adventures in the World24. Sing to the audience! you like to sing, don't keep your passion to yourself! Next time there is an event, offer to sing as one of the show items. Singing should not be restricted when you shower in the bathroom. ☺25. Whether voluntary workvolunteering is a wonderful way to give back to the world. As I mentioned in Day 4: Signing up for the Volunteer Work of the Kindness Challenge, Volunteer work is one of the best ways to expose yourself to new media to help others. There's a lot of volunteer work out there, from helping parents in parents' homes, working with delinquent children, mentoring children in orphanages, helping in animal shelters, beach cleaning, and so on. Voluntary work doesn't have to be some grandiose act. As long as you offer a part of yourself pro bono to the world (be it in terms of skills, knowledge, time, effort, or money), you're actually volunteering. Read more: #KindnessChallenge Day 4: Sign up for Volunteer Work A few places to start:Proceed to page 2 for bucket list ideas #26 to #50... Page: Page 1, Page 2, Page 3, Page 4

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