



### **What is a bucket list?**

A bucket list is an itemized list of goals people want to accomplish before they “kick the bucket” — or die.

### **I am not dying! Why should I write a bucket list?**

The bucket list has now become a way to denote a list of things a person wants to accomplish before a specific event in their lives. For example, many teenagers have *"high school bucket list," "prom night bucket list" "college graduation bucket list" and so on.* Speaking practically, a bucket list is a list of the experiences or achievements that a person hopes to have or accomplish during their lifetime. It allows us to deliberately identified cherished goals and strives towards them within a given timespan.

### **What is “bucket-listing”?**

A bucket list is not a static list. People often update their bucket lists every so often. Ideally, you should make a bucket list every year (perhaps on your birthday) and then check off some items on that list over the rest of the year. As we live our lives, our aspirations change. The goals and aspirations of our teenage years will be vastly different from our aspirations in our twenties and thirties. Young people often have daring deeds listed. As we get older people become more risk averse and their bucket list focuses on goals like traveling and spending time with loved ones.

### **What should I tell my doctor about my bucket list?**

Your bucket list can serve as a roadmap and help your doctor provide personalized care. Many people have health related goals on their bucket list. If you share your goals with your doctor, they can help you with it. For example, if you want to quit smoking or try a specific diet, discussing these with your primary care doctor will be helpful.

If you are a person with a chronic illness, discuss your bucket list with your doctor. Ask your doctor what you need to know about your health and illnesses and if they will prevent you from reaching your goals. Especially ask them about if any treatments they are proposing will prevent you from living your life as you wish to.

For more information: <http://med.stanford.edu/letter/bucket-list.html>



### **A ten steps approach to writing a bucket list:**

1. Reflect on what matters most to you and your core values.
2. Next identify some of the life experiences you would like to have or tasks you would like to complete
3. Identify the timeline for when you want to complete each item on your bucket list. Some may take years and others can be achieved relatively soon.
4. Use the table below to brainstorm a list of items for your bucket list.
5. Review your draft bucket list and trim it down. We recommend that you limit yourself to 4 to 5 items on your list. At least two of the bucket-list items should be easy to achieve and in a short time. These easy wins will motivate you towards investing sustained effort towards more lofty goals.
6. Discuss your bucket list with your loved ones. They will often want to help you or even join you in your quests.
7. Talk to your doctor about your bucket list. Ask your doctor to personalize your medical care so you can accomplish the items on your bucket list.
8. Remember to check off at least one or two items on your bucket list every year.
9. Every time you check off a bucket list item, pause for a moment and savor the sweet sense of a job well done.
10. On your birthday or another memorable day, be sure to review your bucket list and update it.



<b>DRAFT BUCKET LIST PLANNER</b>			
Time period of ___/___/___ to ___/___/___			
<b>Theme</b>	<b>Specific goals</b>	<b>Concrete actions taken towards accomplishing the goal</b>	<b>Date you expect to check off this item from your bucket list</b>
<b>Travel goals</b>			
<b>Accomplish a personal goal</b>			
<b>Achieve specific life milestones</b>			
<b>Spend quality time with friends and family</b>			
<b>Achieve financial stability</b>			



<b>Do a daring activity</b>			
<b>Other wishes and desires</b>			

Review the table carefully and list 4 to 5 items in your bucket list below

<b>FINAL BUCKET LIST PLANNER</b>		
Time period of __/__/__ to __/__/__		
<b>Specific bucket list items</b>	<b>Concrete actions to be taken towards accomplishing the goal</b>	<b>Anticipated date of completion</b>
1.		
2.		
3.		
4.		
5.		