



***Live Out Your List:
Finding Joy Through A
Bucket List Lifestyle***

**New book from Roger Williams
Host of *The Crossing It off Podcast***

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Sample from: *How I Became the Head Crosser Of My Bucket List*

The Camino was everything I could hope for and more. Even with twisting my knee on the second day and a bad case of tendonitis (same leg) towards the end, I loved it. I ate amazing food, saw some of the most splendid scenery I had ever witnessed in all my travels, and developed friendships that I was committed to keeping for the rest of my life. Many of the pilgrims that complete this trek believe the Camino can change your life forever if you let it. I believe that whatever change you might feel from the thirty plus day adventure is inside you before you leave your front door. The Camino just magnifies what is already there. Why do I feel this way? Why did I not experience the same transformational magic that others see and feel in that ancient walk? Because when I turned left from the narrow side street into that final plaza to see the majestic spires of the Cathedral of Saint James, I didn't fall to my knees weeping with pride for what I had accomplished. I was still, quiet, looking up at the blue sky, bright behind the towering goal that I could now say I had finally crossed off my bucket list, and I could only hear my heart asking, "What's next?"

Sample from: **Bucket List Mindset**

By setting the intention of my bucket list to be communal, I have more **confidence** as I cross items off my list. Most of my travels before my recent long trip centered on family or group travel inside the United States. I had done little to no solo traveling, with the Camino being the only exception. Even being fifty-two years old and a dude, I still had some concerns about traveling to four countries in under six weeks by myself, three of which I had never visited before. Most of those feelings were fleeting as I knew I would see or have people who would look after me because of our friendships. I knew Ini was there for me in Pamplona to pick me up from the airport, get me to my Airbnb, and go to dinner with me several times over the two weeks. I knew Ita would be there in Tel Aviv to take me to a very off the beaten path butcher shop for lunch. And I knew Andrew was there in London to hang out at London's oldest wine bar for a couple of hours. Because I knew I was not completely on my own with these friendships, I felt confident to venture out on my own during the trip. I crossed many items off my bucket list during those weeks such as walking the streets of Pamplona at night to find the best pintxos, eating lunch in the Muslim quarter of the Holy City in Jerusalem at a one hundred year old restaurant, and tracking down many of the *Ted Lasso* filming locations in London, along with many other things all on my own. I was able to take those solo adventures because I had developed quality friendships on the Camino. I felt confident that even if I had gotten myself in some kind of trouble, those friends would see me through whatever came up.

Sample From: **Bucket List Creation - Pre-writing Tips**

#7 Items can be removed

When I started my show I wanted every episode to have the same structure. This way my listeners would get familiar with the tone and pace of the show. As I mentioned before, I start each episode with the same question, and I also end the show with the same question for each guest: "What is something you want to cross off your list next?" This is great for the listeners and for me as the host, as we have the chance to talk about other items we might never have heard of to add to our list. My very first episode this happened for me. I had gotten to know Rachelle preparing for my Camino. On one of my YouTube spirals trying to learn everything I

could about the Camino I found Rachele's daily vlogs (*I'll Get There*) she had made on her Camino and thought she would make a great guest for the show; she was.

Her response to that last question was a bucket list item I had never heard of before; the 88 Temples Pilgrimage. Listening to her describe it for the episode, I got excited and I put it on my bucket list immediately. When I returned from my Camino and had those words in my head, "What's next?" I began a similar deep dive I had done for the Camino on this new item. There was not a lot of information out there, but what I found made me a little leary. The 88 Temples, an ancient Buddhist pilgrimage around the Japanese island of Shikoku, is a 1,200 kilometer (nearly 400 more than the Camino) that can take up to sixty days to complete. My initial thought was that if you are walking around an island at sea level, this would be a much easier adventure than the Camino. I was wrong. What I learned after doing my research was that the Buddhist pilgrimage had an elevation gain of nearly 250 feet more than the Christian one. Although the total gain is only slightly longer than the Camino and stretched out over a longer distance, I realized the 88 Temples would be similar in rigor as its Spanish sister.

I took the 88 Temples off my bucket list. For now. After my experience with the physical struggles I went through on the Camino, I have become less inclined to have thru-hikes, of any kind, on my bucket list. I witnessed something when I was working in an office environment. If you write something down or put it in an email, people tend to get it in their heads that it is set in stone, like it was somehow etched in a marble tablet and could never be changed. Even when I explicitly wrote, "this is just an idea" or "rough draft" people tended to take it as a final draft. Your bucket list is a living document. You add things to it and you cross items off of it. So why can you not delete items that no longer conform to your passions and lifestyle? You can. As you move to the next section of the book to begin your bucket list creation, I encourage you to think outside the box. Way outside the box. While contemplating the following prompts, give yourself permission to not judge every item that pops into your head. What might bring you joy today may not in a few years. It is like the U.S. Constitution. It can be changed. As the country grows, matures, and times change, it most likely will inevitably need some tweaking. However, using the same analogy, if you are constantly changing it every couple of minutes you might bring

unwanted chaos in your life. Think deeply about changing your list by providing space for your bucket list to be a living document.

Sample from: **Bucket List Management**

Crossing off multiple items at once strategy

You could eat the elephant one bite at a time or you could eat it like you are at a buffet by putting several portions of different items on your plate all at once. Stacking bucket list items together can also be a great strategy, whether you are just getting started on your journey of a bucket list lifestyle or you have fully integrated this choice in your daily life. My bucket list consisted some of the following items:

- Crash a wedding
- Zipline in Costa Rica
- Take a romantic vacation with my partner
- See my Camino family after the walk
- Cook an authentic meal from a country I am visiting

When I did not get a direct invitation to my friends' wedding, I knew it was my chance to cross "crashing a wedding" off my bucket list. One item down. When that decision was made, I had already been planning a three month long trip to Europe and Israel. It required me to divert my travel to Costa Rica, which prompted me to review my bucket list. I was planning to be far from my partner for three long months, so I invited her to join me for that first week of my trip. It allowed us to have some romantic time alone before my big adventure. Two items down. My partner was in charge of planning our activities while in Costa Rica, but I was secretly hoping we would take a zipline tour while there. She picked a great tour that included ziplining through the jungle where one of the lines was nearly a kilometer long. Third item down. Several of our Camino friends were in Costa Rica the week before the nuptials were to take place. The Friday night before the wedding, we invited them all over to our AirBnB for dinner. Mostly as a thank you for not spilling the beans to the happy couple that we were about to crash their wedding. I

went online to find a traditional Costa Rican meal to cook, went to a local market to pick up the specific ingredients, and spent a couple of hours before their arrival preparing a feast for us to share. Numbers four and five crossed off.