

THE BUCKET LIST



DISCOVER HOW TO DO THE THINGS
THAT GIVE YOU THE MOST MEANING IN YOUR LIFE



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Foreword

If you're chasing after the bucket list idea, you're going to ask yourself what's the point? A bucket shouldn't be full of impulsive stuff that we pick up as we go along through life. It shouldn't be filled with stuff that others talk and dream about unless it genuinely resonates with your dreams. Chasing others dreams would be similar to having a hole in your bucket.

The most gratifying things to go into the bucket for most of us are those that are part of a larger context. For instance, visiting the Great Wall of China would more than likely be a more meaningful experience. Acquiring that larger context or framework is something that can and should take careful and thoughtful consideration. It often takes hard thought and hard work to develop.

Here are our suggestions for creating and managing your Bucket List:

1. Make sure you get satisfaction and joy from your day-to-day stuff.
2. Do not buy into your ideas and turn them into goals immediately. Mull them over. If you weigh them carefully, you will probably find you are able to improve, substitute or cancel them while heightening your total life experience.
3. Make a plan and enjoy the process. Planning isn't optional. It's a generally accepted as being a requirement by most of the experts in the field of setting and achieving goals.
4. Discover ways to make each goal more meaningful. Include dimensions of quality within the items on your list. If you involve like-minded individuals in group activities, you will probably get

much more from the experience than if you do not. For solitary pursuits, take steps to ensure you get the most from the experience.

5. Ensure your goals are consistent with who you are. Or reshape them to suit your style and preferences. For example, introverts and extroverts alike can enjoy a certain travel destination like say the Eiffel Tower, yet experience it quite differently.



The Bucket List
Discover How To Do The Things That Give You The Most
Meaning In Your Life

Chapter 1:

What Do You Want

Make a choice: income, health, physical vitality, beauty, creative thinking, Acknowledgement, power, risky venture, contentment, accomplishment, self-expression, confidence, love, serenity, Nirvana. Would you like any of these? If you're like most individuals today, you likely want all of these.



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However if you explore your true desires, you might discover that there are a few things you want more than others. If you keep on going in your search, you will discover one desire that has been with you your whole life

Although income is the obvious desire, it's usually not the final goal. Indeed, money can, and does buy happiness -up to a point. When you have plenty of money to be financially secure or to buy the material objects you want, the true desire may be something else.

Love is the goal of each individual's heart. Whether it's love of a spouse, family, value and acknowledgement from equals, love is the everlasting pursuit. The mystics say that love is the sole intent of life- to give love and to find it.

Many individuals search for confidence that comes with a dependable position in a job. Along with that can come acknowledgement and popularity. Although you may want the money that's related with high management levels, several individuals simply seek that gratification of working with the inner circles.

The goal of each individual no matter your background and material desires, is health. A healthy body is the gift that will get you to the other goals. Even a fresh diet and physical activity can give you more energy. You will need this energy to accomplish your bucket list.

Adventure and travel is a driving force for several individuals. They may look for jobs that demand travel, or they might be looking forward to taking time off to visit the exotic ports and see the other sides of the world. If you do not want a long journey, maybe you would just like a couple of weeks in a sunny resort or the luxury of a summer and winter vacation annually.

Then there's creative thinking and self-expression. What about the book you are going to write or the watercolor class you would like to take? Creative expression is a wonderful inner release that boosts self-assurance and gives you something to achieve.

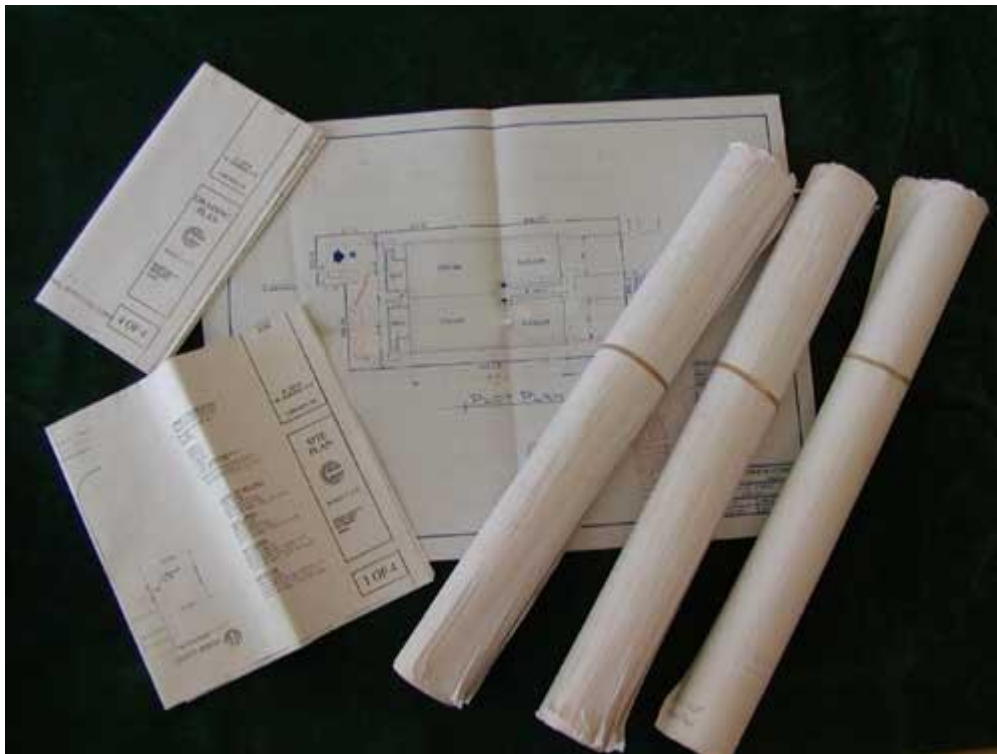
Ultimately, regardless of wealth and health, expression and love, everybody is looking for his or her peace of mind.

That's not to say emptiness of mind, but to eliminate petty worries and confusion, to be finished with fears and live in absolute awareness. It surely is the ultimate lifetime goal.

Chapter 2:

Make Plans

Prior to going any further with your life, create a list for your future. Write it down -do not just think it. What would you like to achieve in the next decade? A new home, a high-paying position, a home in a new city, a trip around the world? Break that list down into those things you would like to achieve in the next five years. Then make one further division into the next six months. What can you execute in the next few months to further you toward your long-term goals?



Make Plans

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You need to make the list or a goal sheet. It needs to reflect your desires and how you're going to reach them. It also needs to reflect what you have already accomplished and reward or credit yourself for those accomplishments.

- ✦ My most significant desires are:

- ✦ In my life, the most significant things I have accomplished:

- ✦ If you look back on your life in 20 years, what would you like to have accomplished?

- ✦ In 10 years, I would like to achieve:

- ✦ In 5 years, I would like to achieve:

In the next six months to a year, these are the matters I am going to do to work towards by goals:

Regardless of your family loyalties or your personal relationships; regardless of your business enterprises or any false sense of accomplishment, what do you really want?

Give yourself acknowledgment for your past achievements, and give yourself credit for your future accomplishments. You are able to and will accomplish all your goals, both long-term and short-term if you approach them in a step-by-step fashion and if you believe that they're worthwhile for you. You're the most important person in your life.

Though you are able to be considerate of your surroundings and all the individuals in it, first look at yourself. Your welfare, your happiness, your success. Make a pact with yourself right now that you'll accomplish your goals. And make them realistic to reach. Then individually, make your own life a success.

A significant step in accomplishing goals is to be able to relax. You will get nowhere if your body and brain are anxious, jumping from one place or idea to another. So to center on your goal, you must center your being.

Relaxation is the balance of the mental, spiritual and physical aspects of yourself. Arrange time every day for deep relaxation -not sleep, but relaxation.

Exercise or sports are a great way to get into relaxation. The body needs physical stimulation to pump blood into all its extremities, and to give the heart a good workout. Physical activity is a fantastic way to let the mind relax. For several individuals, sports and exercise are gratifying ways to feel alive, youthful, and satisfied.

Float freely. Relax. You need to assume the best. Expect to achieve; expect to accomplish your desires; expect to succeed; press on to accomplish more. The higher your goals, the further you will go.

The moon is no problem, nor are the neighboring planets. Do not go for less than your entire potential. Aim for the universe. You owe yourself nothing less. Apart from the universe, keep your thoughts on Earth, in your office or studio, working closer to those goals you would like to accomplish.

You have a right to be happy. You have the substance to be successful.

You are able to succeed in what you desire.

Always keep in mind the fact that you're in transit, accomplishing your goals, moving through life as though you're an actor, and the setting is a stage.

Keep your thoughts firmly planted on prosperity, good luck and lucky breaks.

Imagine that you've already achieved your goals. It's with that attitude that successful individuals achieve.

Chapter 3:

Do You Have the Potential

Inside you is the ability to achieve anything you want. But it will not happen if you're not tuned into your true desires. Do not fool yourself into compromising for less than a complete goal. If you would like to be an artist, you may not be the world's most celebrated artist, but if you have that inclination, you'll be an artist.

If you would like to succeed in business, you may not be another financier/mega-millionaire, but you'll succeed in your efforts.



Potential

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Most individuals need accomplishment feedback. After all, what's so great about accomplishing something if nobody cares? It is crucial to receive that recognition and feel that love.

Set goals that you are able to accomplish. Separate them into little tidbits that you are able to carry out day-to-day, month-to-month, and year to year. Set your goals for success.

Then reap the rewards each step of the way. Pat yourself on the back for a job well done, and then move on. Begin at once accomplishing the goals you've set. As a matter of fact, give yourself a task that you can finish up by tomorrow.

Think of yourself as a success in your endeavors. Dwell on the idea that you are compelled to accomplish your goals, and live and breathe them until you have them.

Envisioning yourself as a successful person in your field is the inside tip in achieving anything you want. If you are able to specifically imagine being the individual you would like to become, you'll attain that reality.

Forgive yourself. Just as you would another person, tell yourself that it is all right for all those faults, or the should-haves that keep popping out in your mind. Do not dwell on the past and get blocked by events from long ago.

Let go of cares and anxieties. Although it surely is easier said than done, learn to alter negative thoughts into a positive action. Are you frightened by poverty -that you will never make ends meet, or be destitute once you stop working? Then turn that into the positive goal of financial security.

Do individuals make you nervous? Maybe you feel inferior, not as great as other people do. Everyone has feelings of inadequacy. Just turn them around into positive goals. You may be paralyzed by the thoughts that you're unattractive. It's your thoughts that make it a reality. Change your modes of behavior and you'll make friends.

In most cases, it's your own negative thoughts that cause you to stay stuck in whatever place you are in. Keep moving. Take the risks. You may need to switch your job, or move to another city. You might adopt a sport or hobby. Become active in your life -participate and you'll grow into the image you see for yourself.

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Chapter 4:

Look Within

An inner core of all our accomplishments is the positive energy from the subconscious mind. If your subconscious has tapped into your goal and believes it's healthy, your energies will direct themselves towards that goal.

You are able to consciously create circumstances and conditions of our surroundings and physical presence. But it's that level behind the externally physical that directs your true being.

When the subconscious mind accepts an idea, the inner power will complete it.

That's why you are able to achieve anything you want -by creating all outward manifestations to activate your subconscious mind into action.

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When you think of your goals and desires, the subconscious mind hears it. So direct your energies -both outer and inner -to your goal with one-pointed devotion. In this way, you are able to control your destiny.

So to connect to your inner self, relax -let your thoughts go.

Experience that part within you that actually makes the decisions -the reflexes, the instincts, the intuition and hunches. Let your mind be quiet from its usual chatter.

A few individuals present problems to their inner consciousness by asking themselves a question before they doze off. Often the answer is in their minds when they wake up.

Clarity rids confusion. If you find you are occupied with worries and anxieties, spend the time to think them through. Approach them logically, looking at the consequences of all possible actions. When you have made a decision, follow through and do not agonize over what-if's.

Everyone has creative potential. And you do not have to be an artist to be creative. Every moment of the day is creating your own self, becoming your true inner person.

Begin to use positive affirmations. Great inventors, financiers, business people, political figures and educated individuals, have used the same method: constant repetition of the goal and the notion that you are able to attain it really works.

Never dwell on self-criticism or what you think are your inadequacies. Instead, repeat your goals and the qualities that will make you successful. Write out your outstanding goal. In a couple of words, describe what you want to attain. Then write what you'll do to achieve that. What energies and efforts will you trade for that success?

Give yourself a specific date to achieve this goal, and specific times to carry out the interim steps. Put this paper or note card in a visible place -such as taped to the mirrors -so you are able to review it and repeat it at least twice a day.

It's those people who convince themselves that they are failures. And successful people believe that they'll rise to the top and will achieve their goals. Believe in yourself. You're everything worth believing in.

Chapter 5:

How to Get Over Your Fears

If you genuinely want to do something, you'll always find a way.
But if you do not want to do it, you'll find excuses.

The simplest way to battle fear is by not using excuses. Rather, you have to look for positive approaches to reach your goal. If you want to begin a business, attend a meeting at the Better Business Bureau.

Read some national magazines like "Income Opportunities" or "Spare Time". Begin reading the business section of your newspaper. Gather a few Thoughts and do a bit of reading before really leaping into a business. Certainly, you are able to find some free time to read.
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Also, begin associating yourself with individuals who are in their own business already. If you are afraid to go out and make new friends, attend local business-related seminars in your community. Start watching television shows that are related to business. You will sooner or later discover individuals to associate with who know others and you will be the part of a new crowd... the motivating ones!

Fear is the root of failure, depression and lifelong problems. Are you going to let fear ruin your life? Fear also will cause you to lose out on many other things in life. If you fear the boss at work is going to fire you it will of course be on your mind day in and day out. It will finally wear you down and you'll begin making mistakes on the job.

You'll also get blue and build up resentments that may have never been there in the first place. Facing fear head on is the best way to combat it. If you think the boss is going to fire you, go up and ask

him. It takes guts, but isn't it better than putting yourself through many months of excruciating torture? Are you full of so much fear that you won't even ask him because you think it will trigger him to say "yes" when he might not have been considering it at all?

Believe me asking a boss "if" they're thinking about firing you will put you in no different position than you are now. As a matter of fact, it will have the opposite effect. The boss will more than likely respect you for your candidness and ability to face fear head-on.

Is fear holding you back from many things? Are you afraid to confront people and tell them how you really feel? Do you smile in their face and talk about them behind their back? What's so hard about being truthful but using tact? Doesn't it get rid of fear and solve many problems?

Individuals do not want to admit their fear so they'll complain to release some tension. This is a crazy merry-go-round! Rather than complaining, try to find ways to solve the problem.



Chapter 6:

Creative Visualization

Form the habit of accomplishment. With every step you take and every decision you make, bring yourself closer to your goals. Walk through your life with this sense of direction and they will come to you.

Develop self-confidence and esteem. Assert yourself and acquire all the excellent qualities and traits you admire most. What is your ultimate goal? How do you see yourself?



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Be specific. Precisely specific. Visualize the place you live in -the rooms, the paintings on the walls, the furniture and swimming pool. Consider the family situation and financial stability. Think about the place you'll be living in.

Then look at yourself. What clothes are you wearing and what do you look like? Consider your physique, your hair, the condition of your body. Then think about the things you do. What sports do you play, what groups do you belong to?

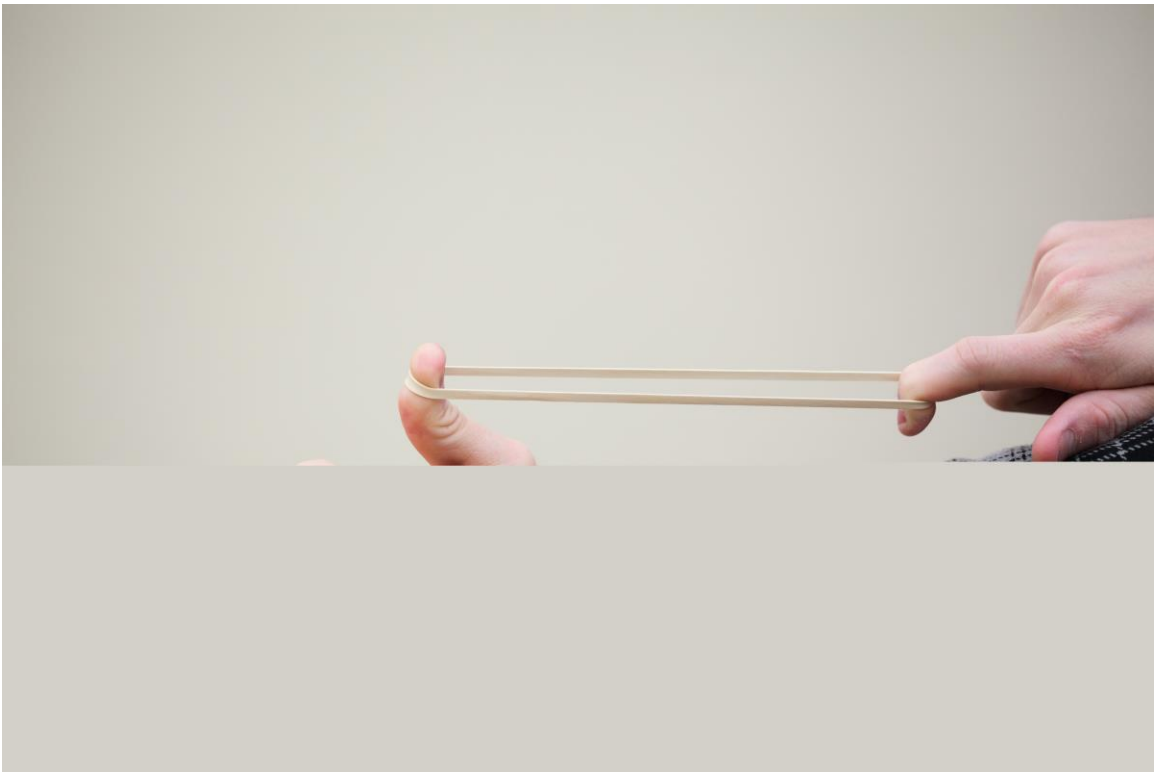
As if you've already accomplished your desires, look back and see what you did to get to where you are. Think about the classes you took, the jobs you worked at, and the places you moved to. Think about the places you've traveled to and the friends you've made.

Be comfortable with your new self-image. Put it on for size and change your fantasy to adjust perfectly to you. Why don't you live as though you're already there? What's stopping you from becoming the person you are totally capable of becoming?

Chapter 7:

Stop Wasting Time

If you are still feeling stressed out and swamped, here are three easy steps to discharge your overload and cut down the anxiousness you feel in your life.



Stop Wasting Time

Consider the most significant things you have to achieve. These are high priorities. Then think of those things that seem to take up a lot of time and get you nowhere. Those are the low priorities.

Understand what's important to achieve and do those things first. Let go of all the busywork for paperwork that accumulates. It's better for you to stack those low priorities somewhere else and finish the important material than to spend time clearing your desk to get down to the essential things.

You will be noticed more quickly for the big things you achieve than for keeping paper flowing. Do not let co-workers waste your time with chitchat if you have got things to accomplish. Save that for lunch hours or for after work social activities.

Handle paper once; decide the action and finish with it. Keep interruptions to a minimum and delegate responsibilities. Although you'd like to believe you're indispensable to the job and you're the only one to take care of many things, you are able to teach someone else and move on to your own goal accomplishments.

What are you waiting for? Few chances are thrown at you; you have to create the right positions and situations to move up. Make lists of things you want to achieve and do them.

If you are busy in an office situation, make daily lists and reward yourself with praise upon completion. Catch yourself achieving.

Center on what you are doing and do one thing at a time. But do it quickly and handle the next thing. Be effective in telephone calls, maybe taking them at appointed times or calling back at your convenience.

Do not generate copies or correspondence that make you look like you're doing things. Your superiors will know what you achieve. Be busy doing important things instead of writing about what you have done.

And take the time for a workout. It will energize you -not take away from your effectiveness. It relaxes your mind and stimulates your capacity to accomplish.



Chapter 8:

Keep The End In Mind

What do you have to know to get to where you would like to be? You may not need an academic degree, but the actual experience. So you would need to change careers or accept a part-time job at night to develop your skills.



Look Forward

What do you have to know to get to where you would like to be? You may not need an academic degree, but the actual experience. So you would need to change careers or accept a part-time job at night to develop your skills.

More than ever, individuals are leaving their present lines of work to learn a new trade and then starting at the bottom again to be happy in their work. Maybe you will need to put in extra hours at work now so that you are able to save money to take the time off next year.

Even though most entry-level positions are offered to the younger people, you are able to find several companies willing to give you a chance to change your line of work. A lot of times you might find an older master willing to apprentice you to learn the skill or trade.

Once you are enrolled to learn new skills, put everything towards learning. Apply yourself one hundred percent. Take advantage of asking questions and getting criticism from instructors and fellow students. Read everything you are able to study well. It's your developing expertise that will get you ahead and closer to your goal.

It is always a great time to learn more. Even if you're happy in your business, expanding yourself through education is a very rewarding activity. Take dancing or tennis, gourmet cooking or sculpture. Any activity is taught and shared by many enthusiasts.

Wrapping Up

Hold on to your goals and dreams to yourself -do not share them with Anybody, not yet. Write them down and refer to them. Look back at what you wrote in a month, then in a few months. Work on them constantly, and don't be afraid to revise and rewrite. Goals are always changing.

Think in possibilities. What is conceivable for you to accomplish in the next six months? And go for it. Do not play it safe with what you will likely accomplish IT anyway. Push yourself to go further. The rewards are greater.

Experience the winning feeling. Experience successful already. Try on the clothes of total achievement and serenity. Live each day as though you've already accomplished your goals. There are always new ones to place in front of yourself.