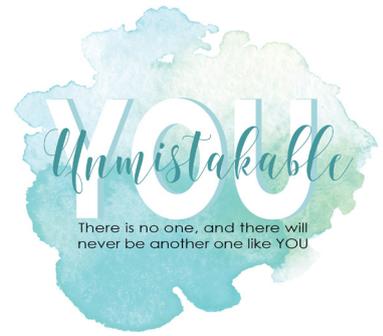


# 17. My Bucket List

## Big DREAMS



Creating a bucket list can stir up a few emotions.

In reality it is a defined list of things we would like to do before we die. Eeeek. Something that many of us don't really want to think about.

However with this prompt I would like us to look at this list as INSPIRATION and a reminder to us all that life is short and our time here on earth is limited. Therefore it gives us a chance to look at what we think as important to us and to do these things before it is too late.

A bucket list can;

1. Force us to look at what's important to us. What do you want in life? It may be just to get married, buy a house, having a career, have children/grand children etc - but is that just what people want from us or what we really desire to live a life of no regrets.
2. Create a Sense of Direction as it can allow us to focus on a goal or dream.
3. Motivate you. A dream is nothing if you don't actually doing anything to accomplish these goals. To be motivated you need to know what you want to work towards.
4. Push you out of your comfort zone. There is a quote: LIFE BEGINS AT THE END OF YOUR COMFORT ZONE. Stepping out of your comfort zone is at times a risk and can be stressful, however it does lead to an increase in confidence and we can all learn so much by different cultures and experiences. Sooner than later you will be hanging out to do something you have never done before.
5. Give you a sense of Accomplishment. Continually ticking things off a list feels good. Just knowing you have achieved what you have set out to do. Whether that is in a week, month year or lifetime. It builds up your self esteem just by that feeling of achievement.
6. Makes you more interesting as a person and create a legacy What stories do you want to tell your grandchildren. How do you want to be remembered? I know that I want to be remembered for one who follows their dreams, not afraid to try new things and lives a life filled with love, adventure and passion.

Whatever goal or dream you have - don't ever give up on it. Your bucket list is an invitation to DREAM without boundaries and become a better version of yourself.

