

INSPIRED FOR LIFE

HOW TO USE A BUCKET LIST TO MAKE EVERY YEAR EXCITING,
MEMORABLE AND A WHOLE LOT OF FUN...



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Introduction:

At the start of the New Year a lot of people make New Year's resolutions.

Things like "this year I'm going to stop smoking, lose weight, get fitter, save more money etc."

However based on our own experience and the results of many people we've talked with, New Year's resolutions are usually not that effective.

Within a few weeks (or even a few days) most of these resolutions have pretty much gone out the window and life goes back to normal.

If you want to be inspired for the rest of your life, we believe there is something else you can do that will work a lot better than New Year's resolutions.

And that's the purpose of this short guide written by marketing adviser Graham McGregor.

In this guide Graham has included step by step instructions, detailed resources, and interesting examples on how to use a 'Bucket List.'

Graham believes that a well-constructed 'Bucket List' has the potential to revolutionise your life and make every year exciting, memorable and a heck of a lot of fun.

(However, you be the judge for yourself.)

We invite you to take a few minutes and go through this guide.

Create your own 'Bucket List' and see how well it works in your own life.

We'd love to hear your feedback.

Kind regards,

John Barber and the WealthDesign team

*"You only live once, but if you do it right, once is enough."
- Mae West*

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What is a 'Bucket List'?

A 'Bucket List' is exactly what the name implies.

It's a detailed list of everything you would like to do and experience before you die.

(In other words before you 'kick the bucket'.)

The list is personal to you and you can start it at any age. When you use a 'Bucket List' right, it can transform your life.

The John Goddard Story:

One of the most famous examples of a 'Bucket List' is the story of John Goddard.

John was one of the world's famous adventurers and a world-class motivational speaker.

Articles about him appeared in Life, National Geographic Magazine, Reader's Digest, and the book Chicken Soup for the Soul.

When he was fifteen, John overheard his grandmother say to someone, "If only I had done that when I was young..."

Determined not to make that statement at the end of his own life, John sat down (at age fifteen) and wrote 127 goals for his life.

He spent six hours writing his list.

He named ten rivers he wanted to explore and seventeen mountains he wanted to climb.

He set goals of becoming an Eagle Scout, a world traveller and a pilot.

Also in his list were to ride a horse in the Rose Bowl Parade, dive in a submarine, retrace the travels of Marco Polo, read the Bible from cover to cover, and read the entire Encyclopaedia Britannica.

He also planned to read the entire works of Shakespeare, Plato, Dickens, Socrates, Aristotle, and several other classic authors.

He wanted to learn to play the flute and violin, marry and have children (he had six), pursue a medical career, and serve as a missionary for his church.

Sounds impossible?

By the age of forty-seven, John Goddard accomplished 103 out of his 127 original goals!

If you would like to see a copy of John Goddard's original 'Bucket List' and learn more about all his accomplishments go to his official website www.johngoddard.info



John's amazing accomplishment's all started with his 'Bucket List':

John Goddard passed away in 2013 and accomplished some remarkable things in his life.

Here are just a few of John Goddard's accomplishments:

Climbed the Matterhorn during a blizzard that was so bad, not even the professional climbers would go along.

Retraced the complete route of Marco Polo.

First man to explore the whole length of the world's longest river, the Nile. Two other men went with him on this 4,200-mile, 10-month trek (John says he had yet one more travelling companion -- he contracted a tape worm that he named Rodney). What kind of boat do you suppose they used for the trip? Each man paddled his own little kayak! Also boated down the Amazon, Congo & others.

Was attacked by hippos, crocodiles, a furious wart hog, and bloodsucking leeches in the Congo.

John survived plane crashes, earthquakes, three rounds with quicksand, almost drowned twice, and had an appendicitis attack 200 miles from the nearest health care facility. He has faced death 38 times.

He lived with 260 different tribal groups. He says these tribes range "from the head hunters of New Guinea, to the pygmies of Central Africa"

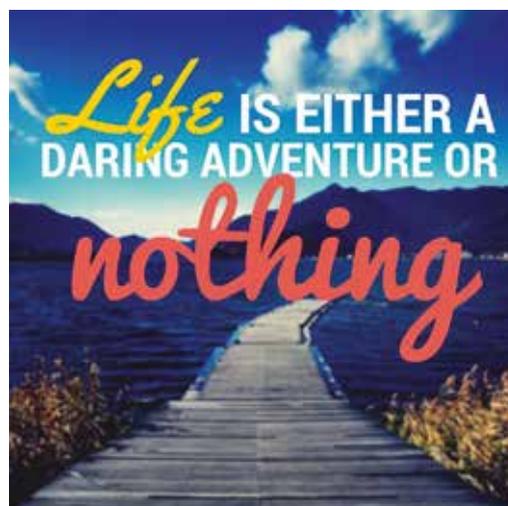
Climbed Ararat, Kilimanjaro, Fuji, Rainier, the Matterhorn, and the Grand Tetons.

Been to 120 countries, learned to fly a plane, explored underwater the reefs of Florida, the Great Barrier Reef in Australia, the Red Sea, and more.

Flown 47 different types of aircraft, and set several civilian air-speed records including one at 1,500 miles an hour.

Became the youngest ever person admitted to the Adventurers' Club of Los Angeles, and was a member of the Royal Geographic Society of England, the French Explorers' Club (only American), the Mach II Club, and others.

He wrote a number of excellent books that are worth reading.



What can you learn from John Goddard's example to make your own life exciting, memorable and a heck of a lot of fun?

I believe there are several reasons why John's 'Bucket List' worked so well and inspired him to live an exciting, memorable and rewarding life.

Firstly, all the items on his 'Bucket List' were extremely important to him. They were all things that he really wanted to do, experience and achieve for himself.

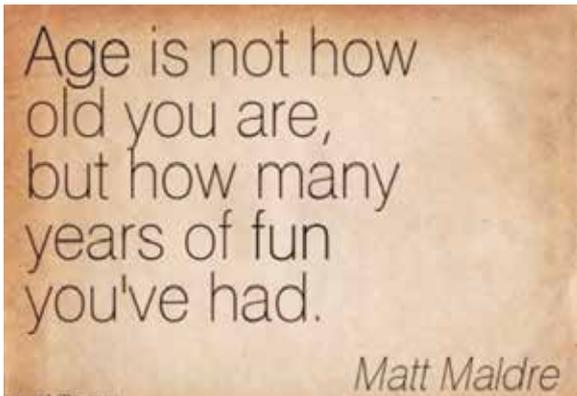
Secondly, he had a lot of items on his list and he continually added new ones on a regular basis. This meant he always had a lot of exciting things he could start doing at any one time.

Thirdly, John set priorities and regularly took action on some of the things on his list.

When you have a big 'Bucket List' you can't do everything on it at once. You need to start somewhere. The trick is getting started.

Here are seven tips on how to create and use your own 'Bucket List'

Tip One: You are never too old to start



According to John Goddard "People obsess about age and it has no relevance to anything".

John recalls speaking with a native chief in Kenya who had some grey hair.

John asked the chief how old he was and the chief replied "Why?"

John discovered he couldn't think of a good reason why he wanted to know.

The chief told John "I have four happy wives. The next village is 20 miles away, and I could beat you there."

John had a very simple view on age. "I don't discuss age" he says.

"Age is important in terms of wine and cheeses. And that's it."

So the good news is you can start your 'Bucket List' at any age.

What's important is how you use the time you've got, not how old you are.

"Don't be fooled by the calendar. There are only as many days in the year as you make use of. One man gets only a week's value out of a year while another man gets a full year's value out of a week".

Charles Richards

Tip Two: Write something down

OK, toss age out the door along with those stupid New Year resolutions.

The next step: Grab a pen.

As John Goddard says "I tell people that if they're sincere about really wanting to do things above and beyond the ordinary, the first thing they have to do is write it down."



Pour a cup of coffee, plop in a comfy chair and relax.

Now think about your interests and what you'd like to achieve in your life.

Write on a piece of paper "Before I Die' I want to..."

Now write down at least 10 items.

I invite you to take at least two minutes right now and complete this exercise.

(There is space right here in this report for you to do this.)

Before I Die I want to:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

"Don't be afraid your life will end; be afraid that it will never begin". Grace Hansen

Tip Three: Set yourself the target of writing down at least 101 items on your 'Bucket List' within the next 30 days

When you first start writing a Bucket List it can be difficult to come up with a lot of things to put on it. All this means is that your mind is a little bit rusty at the moment, and it needs stimulating.

The more you write, the easier it will be to come up with things that really inspire you.

Don't worry about how realistic some of these things are right now. What we want to do with this step is to get your mind active.

101 items sounds a lot, yet you could do it in a week by writing 15 items each day.

Here are several headings you may like to use for the items on your 'Bucket List':

Places I want to visit:

Things I want to learn:

Contributions I want to make:

Achievements I want to accomplish:

People I want to meet:

Books I want to read:

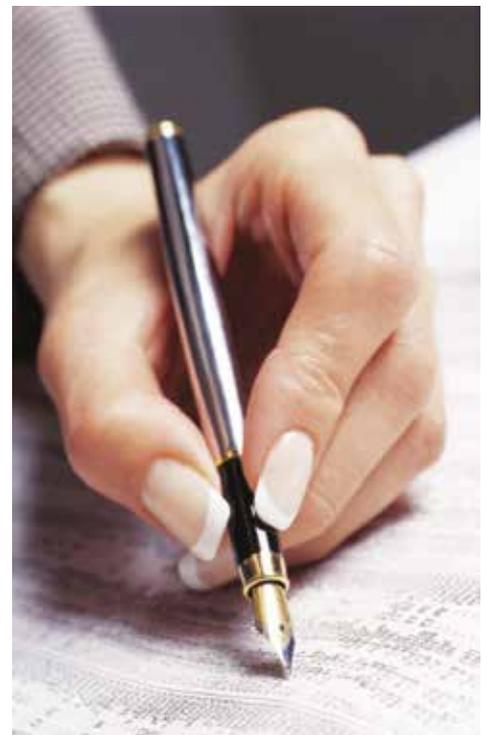
Things I want to see:

Experiences I want to enjoy:

Events I want to participate in:

What I would like to create:

These headings are a starting point only to get you thinking. The more items you write for your 'Bucket List', the easier it will be to come up with the right headings for you.



"The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach." Benjamin Mays

Tip Four: Make your 'Bucket List' Special

Get something really nice to write it in:



A very good way to make your 'Bucket List' special is to write it in a high quality blank Journal.

Most large bookshops today have an excellent selection of lovely blank Journals.

Some have leather covers, others have inspiring pictures or sayings on the cover and even all the way through them.

My recommendation is to spend a few minutes in a large bookshop and ask to see their selection of journals. Then find one that you really like & use it for your 'Bucket List'.

Alternatively you can go online and find a journal that looks really nice.

I have found from personal experience, that the nicer the book you write your 'Bucket List' in, the more valuable it becomes to you. My recommendation is don't be cheap here.

Get one that you really like even if it costs a little bit of money. Over the years I have bought several dozen really nice journals and most of them are not that expensive. (They are similar in price to a good quality Business Book.)

Make writing in your 'Bucket List' an experience that feels good every time you do it.

Add pictures and other details that inspire you about the items in your list:



Another way to make your 'Bucket List' special is to add pictures and inspiring information to your list.

Example: If one of the items on your 'Bucket List' is to visit the Taj Mahal, then cut out an attractive picture of the Taj Mahal and put this in your book.

One of the main reasons for having a 'Bucket List' is to inspire you to have an exciting life.

Pictures are a wonderful way to do this for many of the items on your list.

"It's better to regret something you have done, rather than regret something you should have done, but didn't." Richard Horne

Tip Five: Set Priorities and take action on your 'Bucket List':

One of the benefits of having an extensive 'Bucket List' is that it's exciting just to read it, add to it and imagine what it would be like to complete some of the items in it.

The second benefit is that it gives you an interesting framework so you have an exciting and inspiring life.

A large 'Bucket List' gives you dozens of interesting things you can take action on every month if you want to

To use a 'Bucket List' you will need to set priorities and take action:

Decide on which things you will do this year, and which ones you will do later.

I recommend that you write down at least 10 action steps you could take toward one of the items on your 'Bucket List'. Then pick one of these action steps and do it.

Example: Let's say one of the items on your 'Bucket List' is to Go Hot Air Ballooning:



What are some action steps you could take for this item on your list?

You could go to the internet and search for Hot Air Balloon Companies in your area.

You could then get some information on when flights are available and how much it costs.

Another step might be to book an actual balloon flight.

For every item on your 'Bucket List' there is some action step you can take to get a little bit closer to achieving it.

And there is always time every week to do a few action steps toward some of the items on your 'Bucket List.'

Look over your own 'Bucket List' and select one item you would like to get done this year. Now, write down 10 action steps you could take to get closer to achieving this item.

Finally do one of these action steps. Keep doing this exercise and before long you will have achieved a number of the items on your list.

"It is only when we truly know and understand that we have a limited time on earth, and that we have no way of knowing when our time is up, that we will begin to live each day to the fullest, as if it were the only one we had." Elizabeth Kubler-Ross

Tip Six: Use some of the following resources:

There are many useful resources to help you create and use your own 'Bucket List'.

Here are five resources that I can highly recommend. The first two are books, the next two are websites and the last one is a handy daily goal action planner.

Resource One: The book "101 things to do before you die" by Richard Horne

Want to give your life more direction? This is the book to get. It's available from www.Amazon.com

I bought a copy of this book a while ago and it's essentially a guide to 101 ways to do all sorts of scary, naughty, pointless, reckless, sporty, exciting or just plain mundane things before you die.

One of the things I like about this book is the format:



You may or may not want to do everything in Richard's book. However it is very useful to look through, as it will give you some good ideas on how you might want to set up your own 'Bucket List'.

Richard's book is very easy to use. There is step by step advice, sticky stars, and progress sheets.

You just write your name on the cover, do the items in the book, and then write them down in the book, giving each experience the appropriate star rating.

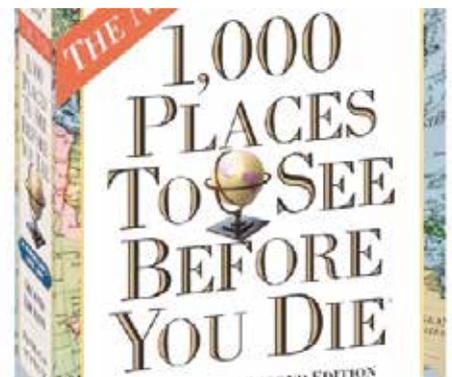
When I researched Richard's book a bit further, I discovered that he had the idea for his book and did nothing with it for six years, because he thought that it had already been done. It was only when he went to work for a publisher, that he discovered his concept was original. So he got into action and finished it in six months.

Resource Two: The Book "1000 places to see before you die" by Patricia Shultz

What I like about this book is that the author has listed 1001 fascinating places to visit and given a lot of interesting details about each place.

One of the wonderful benefits about travelling is that it broadens your mind and enriches your life in numerous interesting ways.

There are enough exciting and exotic places in this book to keep you busy for several lifetimes. The book is also inspiring to pick up and just read a few pages.



"The world is like a book. Those who do not travel only read one page."

Resource Three: The Website <http://www.my50.com/>

This is an excellent website where you can list your own 50 things you most want to do as well as view what hundreds of other people have written.

The website also has 50 interesting suggestions to start you thinking and a great selection of inspiring quotes on adventure and living. (I've even used some of them in this report.)

A great way to use a website like this is to read through some of the ideas they have.

There is bound to be a few things to do that really appeal to you. So take these items and add them to your own 'Bucket List'.

Resource Four:

The Website at <http://matadornetwork.com/notebook/50-things-to-do-before-you-die/>

This website lists 50 wonderful experiences you can do that will add greatly to the quality of your life.

Resource Five: One Step to Success Goal Action Planner

This is a delightful little daily goal planner that is super convenient to use. It helps you stay on track by making it easy to record one action step every day toward your goals.

It has motivational quotes along with fun checklists to help you monitor your progress.

I really like this planner and have bought a number of copies to give to some of my friends and clients as well. You can learn more about this planner at www.onestep2success.nz

Tip Seven: Take some sort of action every day

A 'Bucket List' does not have to be complicated and you can start it in the next five minutes. It has the potential to change your life in ways that you cannot begin to imagine.

I encourage you to get into action with it today.

Here's why daily action is so important...

I used to present seminars on goal setting.

I noticed that only one thing ever worked if people wanted to achieve consistent results.

And that one thing was taking action every day toward the goals that were important to them. (What didn't work was anything else.)

In my goal setting seminars, I observed that a person might write down ten goals they wanted to achieve in a year. Provided they took daily action on these goals, it was very common for a person to achieve 6-8 of these 10 goals.

If they didn't take daily action, they might only get 1 or 2 of these goals.



Daily action was the key to great results.

In one goal setting seminar I asked all the people to write down at least 20 exciting goals they would like to achieve for themselves in the next 12 months.

I then encouraged them to pick one goal that really inspired them and write a list of 10 action steps they could use to get closer to achieving that one goal.

I asked everyone to pick one of these action steps and take action on it within the next 24 hours.

One of the people in this goal setting seminar was my 75 year old grandmother. (She had paid good money to come to this seminar and I noticed she was writing furiously.)

I asked her at the end of the seminar what was the one goal she had picked. She told me that it had always been her dream to drive a car. (For her whole life she had always been driven everywhere by other people as she had never learnt how to drive.)

I was a bit surprised by this and asked her what her next action step was going to be. She winked at me and told me I would find out tomorrow.

The next day, she went down to a car dealer and paid cash for a brand new car.

(Remember she had never driven a car in her entire life.)

My Grandmother then took 18 months of driving lessons (with some very patient driving instructors) and finally received her driving license.

For the next 12 years she had the time of her life driving her car around the busy city.

My grandmother taught me many valuable lessons before she passed away at age 89.

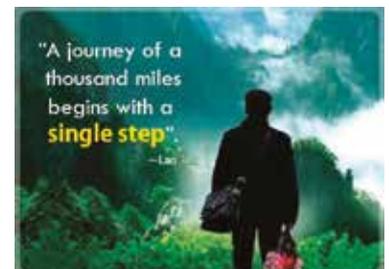
The most important lesson was that if there is something you want you must take action.

Summary:

You can use a 'Bucket List' to inspire you forever.

You can use it to make every year exciting, memorable and a heck of a lot of fun.

It's all up to you.



“Learn as if you were going to live forever. Live as if you were going to die tomorrow.” Anonymous