

If you're interested in taking the bucket out of your own bucket list, jumping in *now* on the things you've always wanted to do, the worksheet below might be helpful in getting you started. Remember, you can and should come back to this often in the future to revise and hone your goals, re-strategizing as you make progress from one item to the next. Remember, small, slow, and cheap still means moving forward.

My Bucket List

Date: (you may also want to include the dates of whenever you revise this)

What's in My Bucket

Goals: (listed in order of priority, #1 being the one you're most passionate about and the one you'll get started on first)

#1

#2

#3

Specific Strategy for Fulfilling Each of Your Goals:

- a) Is this a One and Done Task or a Long-term Project? How long do you think this enterprise will take to accomplish?

- b) When will you start this project? Include a specific date for the top item and estimates for any wishes that come after.

- c) How much time will you devote to this undertaking? Include specific days and times you'll work on it. If at all possible, make a daily or weekly commitment to moving forward.

- d) Make a plan for how you'll go about fulfilling each wish on your list. The first item you'll embark on should have the most detailed agenda. Remember, small, slow, and cheap actions are still means of moving forward.

- e) Define your reason(s) for what you hope to accomplish with each wish. Where do you see it going and where do you want it to go?

"Seize the Life and the Day Will Follow!" ~Linda Derkez

Courtesy of Karen Wiesner

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