

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. 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: (may include the dates of whenever revised)

What's In My Bucket

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

#1

When and how will I begin to reach for things in my bucket?

- a) How long do I want to experience this goal? Circle one: Once | Ongoing | Until I'm finished
- b) Detail the first step to beginning:
- c) Describe later steps to developing my goal:
- d) Specify the time(s) and day(s) I'm devoting to the undertaking:
- e) Brainstorm strategies to help accomplish my wish:
- f) Identify why this is in my bucket and what I hope to get out of it:

#2

When and how will I begin to reach for things in my bucket?

- a) How long do I want to experience this goal? Circle one: Once | Ongoing | Until I'm finished
- b) Detail the first step to beginning:
- c) Describe later steps to developing my goal:
- d) Specify the time(s) and day(s) I'm devoting to the undertaking:
- e) Brainstorm strategies to help accomplish my wish:
- f) Identify why this is in my bucket and what I hope to get out of it:

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

Courtesy of Karen Wiesner

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