

CHAPTER 8

Bucket List



“Twenty years from now, you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

– Mark Twain

AT THE END OF YOUR LIFE, IT’S NOT THE THINGS YOU DID, IT’S THE THINGS YOU DIDN’T DO THAT YOU’LL REGRET.

What do you want to do and see? Where do you want to go?

One of the most common regrets people have is not travelling.

Will you be that person? Will you be full of regret at the end of your days?

Or will you choose to embrace spontaneity now?

Will you let your soul spark guide your path?

Embrace your heart’s desires.

It’s time.

ACTIVITIES

1. Create your Bucket List

Your bucket list can complete the sentence, **“Wouldn’t it be cool if...?”**

This is one of the most powerful statements you’ll ever finish.

I encourage you to push yourself to list 100 things. **It’s often when we push to extremes that we really find the magic.**

12 areas (from Matthew Kelly) to consider when making your bucket list are: physical, emotional, intellectual, spiritual, creative, psychological, adventure, character, career, material, finances, and legacy.

[Watch this video](#) for inspiration, and then create your own bucket list.

2. Cross one thing off your bucket list

OR take steps towards crossing something off.

- Can you book a trip?
- Can you reach out to someone?
- Can you start practicing something you want to master?
- Take a small step now.

Don’t be another person who waits for their dreams to happen “someday.”

Chapter 8: Journal Notes



I hope you enjoyed this sample chapter from my eBook, "Design Your Dream Life: An Activity Guide to Realizing Your Goals and Dreams." [To get the entire eBook, click here.](#)