

Build a Bucket List and Personal Mission Statement

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Introduction



- Is there a Mid-Life Crisis?
- Can you fulfill your dreams?
- Preparing a Bucket List
- Life Mission Statement

Is there a mid-life crisis?



Is there a mid-life crisis?



- First major book, “Seasons of a Man’s Life” by Levinson
- Four transitions in the development of manhood
- Most frustrating is the “Male Mid-Life Crisis”
- Usually triggered by a life changing event-mortality

Is there a mid-life crisis?



- Goals and values of younger ages are examined with deep consideration
- The majority of men DO NOT go through any significant changes;
- They may find they made the right decisions for themselves; some do not and make significant changes

Is there a mid-life crisis?



- Too often life-time values are rejected and some new values disrupt the “status-quo”
- If you make a change - understand the cost
- Are you happy with your current condition and if not, what have you done to change it?

Is there a mid-life crisis?



Is there a mid-life crisis?



- Women go through something similar but their personal systems are tied to different roles than men
- Children are typically tied stronger to women
- Parental care is often tied stronger to women
- Being strong/weak is also tied more strongly to women

Mid-Life Crisis: Unfulfilled Dreams



- Do you have any unfulfilled dreams?
- If so, what will it cost you to fulfill those dreams?
- Is it worth it to maintain the status quo or are you willing to change?



Tonic to Avoid Mid-Life Crisis



- We are going to build a list of unfulfilled life expectations – a Bucket List



Why a Bucket List?



Henry David Thoreau said,

“The mass of men lead lives of quiet desperation and go to their graves with their songs still in them.”

Why a Bucket List?



David Bugay's response to Thoreau,

“Not me!”

Prepare for Life Success



- This is YOUR life – how do you define success?
- If you do not aim at anything, everything you do is a miss
- Step #1 is the preparation of a Bucket List



Plan Your List

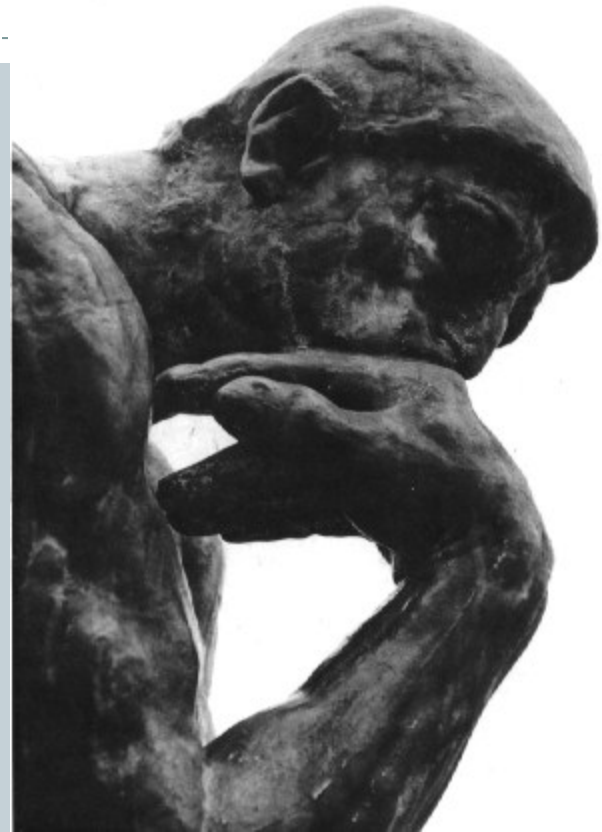


- No one has a complete bucket list in their heads
- Majority of tasks come from the person seeing something and thinking 'Hey, I want to ..."
- Look for ideas everywhere. Collaborate with friends
- Bucket Lists: personal guidelines to fulfilling **LIFE!**

Plan Your List



- A Bucket List is a “To Do List” with no time limit
- ‘Climb a mountain,’ is okay but ‘Jog a mile each day’ or ‘5-a-day fruit/vegetables,’ is easier to attain
- Read a book you've been putting off, write a letter to a relative; these are all welcome candidates



Your List: Types of Categories?



- What areas should you consider in developing your Bucket List?
- Create categories of life activities. Maybe:
 - The world in general
 - Your family/friends
 - Your employer/future employers
 - Your community

Sample Bucket List



- 1. Go parachuting
- 2. Become a black belt in Karate
- 3. See the Great Wall of China
- 4. Take a helicopter ride over the Grand Canyon
- 5. Go wine tasting in Sonoma County, California



Sample Bucket List



- 6. Spend a week at a world-class spa
- 7. Write a book and have it published
- 8. Meet the love of your life
- 9. Have a child (no kidnapping please!)
- 10. Go on safari

Sample Bucket List



- 11. Learn to belly dance
- 12. Fly in a hot air balloon
- 13. Run a marathon
- 14. Celebrate New Year's Eve in Times Square, NY
- 15. Have a Zen Garden



Sample Bucket List



- 16. Invest \$50,000.00 in the stock market
- 17. Learn to speak French
- 18. Be an extra in a film
- 19. Go to Spain for the Running of the Bulls
- 20. Learn to juggle

Sample Bucket List



- 21. Buy a house and make it “the perfect” house
- 22. Attend a fashion show in Milan
- 23. Have a great aquarium in your living room
- 24. Create a non-profit foundation to help the needy
- 25. Shop on Rodeo Drive



Write Your First Draft



- We are about to write our Bucket List
- Write everything that comes into your head, even the ridiculous and impossible!
- Meet a past president? Learn Every Known Language? Write it down!
- Awaken your creativity TODAY!

Task #1



- Don't be concerned with reality, just concentrate on getting the ideas from your imagination to the page.
- Write down 50 things you have always wanted to do in the next 10 minutes



Task #1



Starting NOW!

Task #2: Organize your List



- Remember the four or five categories?
- Create a number for each of the Categories you chose
- Now, number each of the items on your Bucket List with the corresponding category number

Task #2



- Refine your list and expand on ideas
- Add more after input from someone else
- **DO NOT Remove ANY from your list today!!!!!!**



Task #2



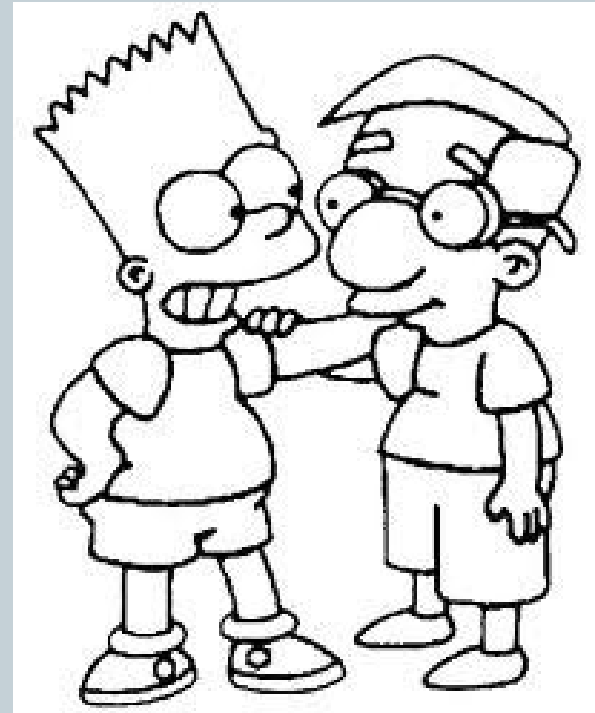
- You have five minutes

Starting NOW!

Task #3



- Find someone you know who's judgment you trust
- Go to them and review your list
- Do not demean or belittle the other person!
- Review each others lists and comment!!!!



Task #3



- You have ten minutes

Starting NOW!

Refine Your List After Today



- Remove impossible/improbable tasks without being ruthless, seriously consider before erasing
- Perhaps it can be altered to be more attainable?
- “Slaying a dragon” can go, but what about changing 'Learn Every Known Language' to 'Learn French'?

Refine Your List After Today



- Get rid of tasks you know will never be completed
- **CAUTION:** Erasing tasks for lack of courage, willpower, or time leaves you with a poor list
- Pool resources with friends
- Find balance between what you know you can do, and things that you will need to develop to do



Write the Second Draft After Today



- If it is short, do not be discouraged – build it as thoughts come to mind
- A Bucket List is never fully completed
- Add new ideas when they strike you
- Never concentrate on completing a Bucket List, only on completing the tasks on it.

Consider Eating an Elephant



Consider Eating an Elephant



- How do you eat an elephant?
- Do not book round-the-world ticket -- yet
- What one thing can you accomplish today?
(Build feelings of accomplishment so you continue!)
- Concentrate on easier tasks first; it will encourage you to continue working towards the end of your list.

Look for new ideas



- Look and find new ideas from TV and movies, posters and flyers for events and talking with friends
- Never give yourself limits: seeing street performer on a unicycle, character playing the harp – maybe you want too!
- Complete tasks as well as adding them and celebrate; Facebook!!
- Your tasks are worthless until you take first steps to achieve
- Do not complete the whole list today, only the tasks on it

Focus: Personal Mission Statement



- Look at your list and identify themes; use the different categories to help you
- Your life's dreams are found in your Bucket List; a tool to help define what you want out of life

FOLLOW YOUR
DREAMS,
TRANSFORM
YOUR LIFE!

[PAULO COELHO]

Focus: Personal Mission Statement



- Your goal is to try to make one sentence – possibly two – summarizing what you want to do with your life based on your Bucket List
- Write a sentence for each category, use key words or word for that category and put them into a sentence
- Use the person you know and trust and ask for assistance

Task #4



- You have ten minutes

Starting NOW!

Your Future



- You have just painted a picture of the future you want
- Each item will have a cost
- Some of the cost will be financial and some will be personal

Not the End - A Beginning!

