

The Bucket List

What are the things you want to do before you kick the bucket? In the movie [“The Bucket List”](#) Jack Nicholson and Morgan Freeman meet as cancer patients, both finding out they have only 6 months to live, so they compose a ‘bucket list’—a list of things to do before they ‘kick the bucket’. Now, I have had the pleasure of working with 3 wonderful people recently with cancer, helping them to love their life, to live their life to their fullest, yes, even in and especially knowing their time on this earth is limited.

Do you want to wait until you are nearing your death to think about how you want to live a life you love? To do the things you ‘really’ have wanted to do?

Please don’t...you don’t get a ‘do-over’, you don’t get a mulligan... make this life you have count and matter...for you and those you love...

The Bucket List:

This bucket list is similar to one of the many tools I use in my coaching. Here are 5 others I use in my initial discovery packet that will help you with your “Bucket List”. I encourage you to answer these questions prior to making your ‘bucket list’, relax and have fun enjoying your learning!

1. 3 of the many questions I ask my clients are:
 - a. *Pretend that you are near the end of your life. In looking back, what would you have needed to do/see/experience in order to consider your life to be one of fulfillment? Of few or no regrets?*
 - b. *What is missing in your life, the presence of which would have your life be more fulfilled?*
 - c. *What do you love?*
2. 2 of the many exercises that are part of the packet are:

- a. *Start a list starting with “I wish” and write down 50 things you wish for (just start writing until you can’t write any more for now!)*
- b. *Imagine yourself doing, being and having your “BIG DREAM”; your ‘wildest heart’s desire’. What is it? What is going on? What are you doing, seeing, hearing, experiencing?*

These are just a few of the questions and exercises we explore during the first month of our coaching together, as we co-create the primary area’s of focus for coaching, determine goals and get you started on the adventure of learning to love your life.

Do you have a very close friend, a relative that you know is not loving their life? Perhaps your spouse or partner is in distress, and you know they are not happy. Please forward this newsletter to them, help them to love their life... we all deserve to live the life we love. ([contact Jim now to live more of the life you love!](#))