Build a Bucket List and Personal Mission Statement

By David Bugay, PhD
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
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!

Have fun!