

## EXERCISE: The bucket list

Do you know what a bucket list is? It's a list of things you really want to do in life before you kick the bucket! Too many of us are going to 'get around' to doing these things, and they never happen. Have you always wanted to jump out of an aeroplane? Have you always wanted to climb a mountain? Run a marathon? Learn to play guitar? Learn another language? Remember, it's not just about work, it's about quality of life. Write down three things on your bucket list, and a date they will be done by. And remember, 'next year' never comes.

1. \_\_\_\_\_ Date: \_\_\_\_\_

2. \_\_\_\_\_ Date: \_\_\_\_\_

3. \_\_\_\_\_ Date: \_\_\_\_\_