
FRONT COVER:

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Foreword

If you're chasing after the bucket list idea, you're going to ask yourself what's the point? A bucket shouldn't be full of impulsive stuff that we pick up as we go along through life. It shouldn't be filled with stuff that others talk and dream about unless it genuinely resonates with your dreams. Chasing others dreams would be similar to having a hole in your bucket.

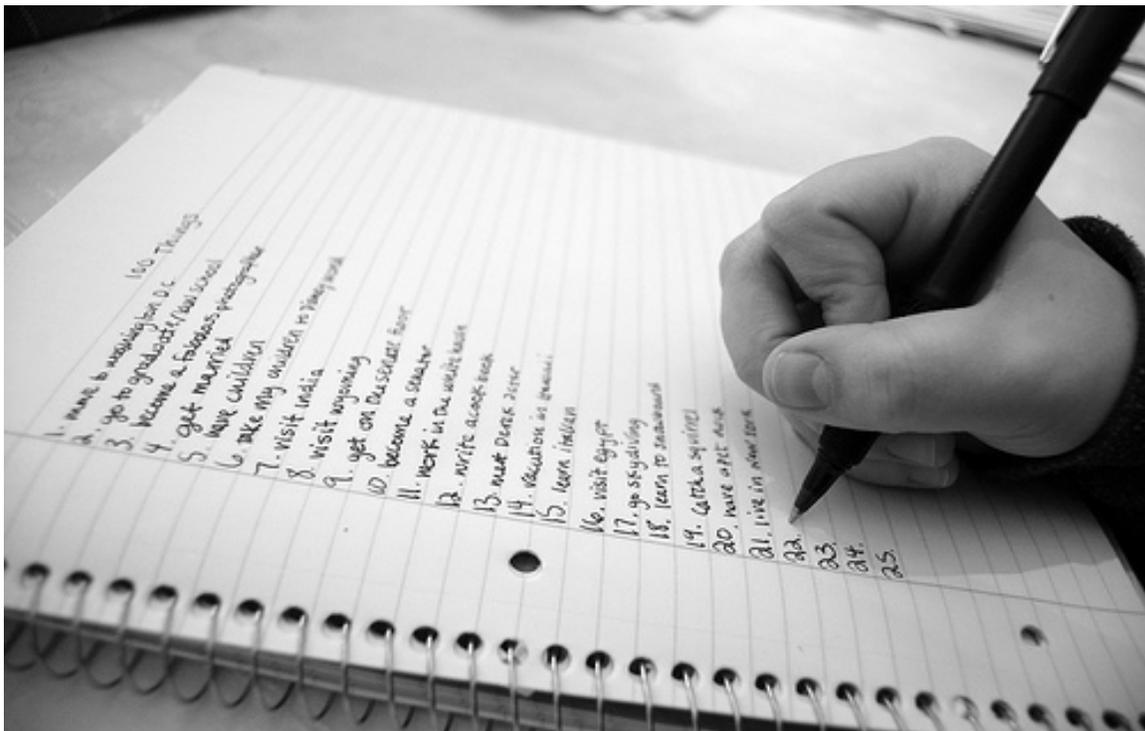
The most gratifying things to go into the bucket for most of us are those that are part of a larger context. For instance, visiting the Great Wall of China would more than likely be a more meaningful experience. Acquiring that larger context or framework is something that can and should take careful and thoughtful consideration. It often takes hard thought and hard work to develop.

Here are our suggestions for creating and managing your Bucket List:

1. Make sure you get satisfaction and joy from your day-to-day stuff.
2. Do not buy into your ideas and turn them into goals immediately. Mull them over. If you weigh them carefully, you will probably find you are able to improve, substitute or cancel them while heightening your total life experience.
3. Make a plan and enjoy the process. Planning isn't optional. It's a generally accepted as being a requirement by most of the experts in the field of setting and achieving goals.
4. Discover ways to make each goal more meaningful. Include dimensions of quality within the items on your list. If you involve like-minded individuals in group activities, you will probably get

much more from the experience than if you do not. For solitary pursuits, take steps to ensure you get the most from the experience.

5. Ensure your goals are consistent with who you are. Or reshape them to suit your style and preferences. For example, introverts and extroverts alike can enjoy a certain travel destination like say the Eiffel Tower, yet experience it quite differently.



The Bucket List

Discover How To Do The Things That Give You The Most Meaning In Your Life

Chapter 1:

What Do You Want

Synopsis

Make a choice: income, health, physical vitality, beauty, creative thinking, Acknowledgement, power, risky venture, contentment, accomplishment, self-expression, confidence, love, serenity, Nirvana. Would you like any of these? If you're like most individuals today, you likely want all of these.



What Do You Want

Make a choice: income, health, physical vitality, beauty, creativity, Acknowledgement, power, risky venture, contentment, accomplishment, self-expression, confidence, love, repose, Nirvana.

Would you like any of these? If you're like most individuals today, you likely want ALL of these.

However if you explore your true desires, you might discover that there are a few things you want more than others. If you keep on going in your search, you will discover one desire that has been with you your whole life

Although income is the obvious desire, it's usually not the final goal. Indeed, money can, and does buy happiness -up to a point. When you have plenty of money to be financially secure or to buy the material objects you want, the true desire may be something else.

Love is the goal of each individual's heart. Whether it's love of a spouse, family, value and acknowledgement from equals, love is the everlasting pursuit. The mystics say that love is the sole intent of life- to give love and to find it.

Many individuals search for confidence that comes with a dependable position in a job. Along with that can come acknowledgement and popularity. Although you may want the money that's related with high management levels, several individuals simply seek that gratification of working with the inner circles.

The goal of each individual no matter your background and material desires, is health. A healthy body is the gift that will get you to the other goals. Even a fresh diet and physical activity can give you more energy. You will need this energy to accomplish your bucket list.

Adventure and travel is a driving force for several individuals. They may look for jobs that demand travel, or they might be looking forward to taking time off to visit the exotic ports and see the other sides of the world. If you do not want a long journey, maybe you would just like a couple of weeks in a sunny resort or the luxury of a summer and winter vacation annually.

Then there's creative thinking and self-expression. What about the book you are going to write or the watercolor class you would like to take? Creative expression is a wonderful inner release that boosts self-assurance and gives you something to achieve.

Ultimately, regardless of wealth and health, expression and love, everybody is looking for his or her peace of mind.

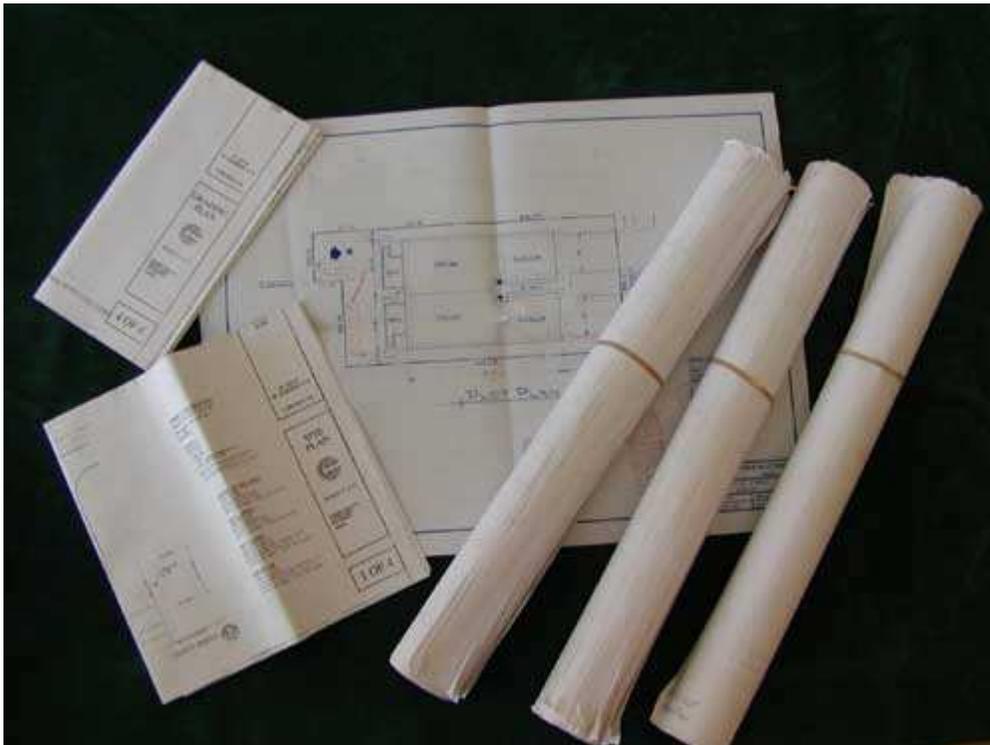
That's not to say emptiness of mind, but to eliminate petty worries and confusion, to be finished with fears and live in absolute awareness. It surely is the ultimate lifetime goal.

Chapter 2:

Make Plans

Synopsis

Prior to going any further with your life, create a list for your future. Write it down -do not just think it. What would you like to achieve in the next decade? A new home, a high-paying position, a home in a new city, a trip around the world? Break that list down into those things you would like to achieve in the next five years. Then make one further division into the next six months. What can you execute in the next few months to further you toward your long-term goals?



Make Plans

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You need to make the list or a goal sheet. It needs to reflect your desires and how you're going to reach them. It also needs to reflect what you have already accomplished and reward or credit yourself for those accomplishments.

🌟 My most significant desires are:

🌟 In my life, the most significant things I have accomplished:

🌟 If you look back on your life in 20 years, what would you like to have accomplished?

🌟 In 10 years, I would like to achieve:

🌟 In 5 years, I would like to achieve:

In the next six months to a year, these are the matters I am going to do to work towards by goals:

Regardless of your family loyalties or your personal relationships; regardless of your business enterprises or any false sense of accomplishment, what do you really want?

Give yourself acknowledgment for your past achievements, and give yourself credit for your future accomplishments. You are able to and will accomplish all your goals, both long-term and short-term if you approach them in a step-by-step fashion and if you believe that they're worthwhile for you. You're the most important person in your life.

Though you are able to be considerate of your surroundings and all the individuals in it, first look at yourself. Your welfare, your happiness, your success. Make a pact with yourself right now that you'll accomplish your goals. And make them realistic to reach. Then individually, make your own life a success.

A significant step in accomplishing goals is to be able to relax. You will get nowhere if your body and brain are anxious, jumping from one place or idea to another. So to center on your goal, you must center your being.

Relaxation is the balance of the mental, spiritual and physical aspects of yourself. Arrange time every day for deep relaxation -not sleep, but relaxation.

Exercise or sports are a great way to get into relaxation. The body needs physical stimulation to pump blood into all its extremities, and to give the heart a good workout. Physical activity is a fantastic way to let the mind relax. For several individuals, sports and exercise are gratifying ways to feel alive, youthful, and satisfied.

Float freely. Relax. You need to assume the best. Expect to achieve; expect to accomplish your desires; expect to succeed; press on to accomplish more. The higher your goals, the further you will go.

The moon is no problem, nor are the neighboring planets. Do not go for less than your entire potential. Aim for the universe. You owe yourself nothing less. Apart from the universe, keep your thoughts on Earth, in your office or studio, working closer to those goals you would like to accomplish.

You have a right to be happy. You have the substance to be successful.

You are able to succeed in what you desire.

Always keep in mind the fact that you're in transit, accomplishing your goals, moving through life as though you're an actor, and the setting is a stage.

Keep your thoughts firmly planted on prosperity, good luck and lucky breaks.

Imagine that you've already achieved your goals. It's with that attitude that successful individuals achieve.

Chapter 3:

Do You Have the Potential

Synopsis

Inside you is the ability to achieve anything you want. But it will not happen if you're not tuned into your true desires. Do not fool yourself into compromising for less than a complete goal. If you would like to be an artist, you may not be the world's most celebrated artist, but if you have that inclination, you'll be an artist.

If you would like to succeed in business, you may not be another financier/mega-millionaire, but you'll succeed in your efforts.



Potential

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Most individuals need accomplishment feedback. After all, what's so great about accomplishing something if nobody cares? It is crucial to receive that recognition and feel that love.

Set goals that you are able to accomplish. Separate them into little tidbits that you are able to carry out day-to-day, month-to-month, and year to year. Set your goals for success.

Then reap the rewards each step of the way. Pat yourself on the back for a job well done, and then move on. Begin at once accomplishing the goals you've set. As a matter of fact, give yourself a task that you can finish up by tomorrow.

Think of yourself as a success in your endeavors. Dwell on the idea that you are compelled to accomplish your goals, and live and breathe them until you have them.

Envisioning yourself as a successful person in your field is the inside tip in achieving anything you want. If you are able to specifically imagine being the individual you would like to become, you'll attain that reality.

Forgive yourself. Just as you would another person, tell yourself that it is all right for all those faults, or the should-haves that keep popping out in your mind. Do not dwell on the past and get blocked by events from long ago.

Let go of cares and anxieties. Although it surely is easier said than done, learn to alter negative thoughts into a positive action. Are you frightened by poverty -that you will never make ends meet, or be destitute once you stop working? Then turn that into the positive goal of financial security.

Do individuals make you nervous? Maybe you feel inferior, not as great as other people do. Everyone has feelings of inadequacy. Just turn them around into positive goals. You may be paralyzed by the thoughts that you're unattractive. It's your thoughts that make it a reality. Change your modes of behavior and you'll make friends.

In most cases, it's your own negative thoughts that cause you to stay stuck in whatever place you are in. Keep moving. Take the risks. You may need to switch your job, or move to another city. You might adopt a sport or hobby. Become active in your life -participate and you'll grow into the image you see for yourself.

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