

Patricia Mauerhofer

The Kind Way To Experience Success

My Bucket List

Writing a Bucket List, prioritizing the items and reviewing it regularly will make a huge difference in your life. It will allow you to focus on the essential and to make your dreams come true faster.

A Bucket List needs to fulfil the following requirements:

- ✓ It inspires you
- ✓ It excites you
- ✓ It makes you feel great about the things to come
- ✓ It's nice to look at and / or to touch
- ✓ It's a means to the end that is crafting your best life and finding bliss and happiness here and now
- ✓ *Anything else that is important to you:*

Therefore it's up to you to find a form that supports the purpose of this tool: it can be for example a book to write in, to draw or to add pictures from magazines; an excel file on your laptop with different tabs; an online document or collection in Evernote you can access from everywhere.

What to include – your heart's desires, things that really make a difference

- ✓ Pictures to reinforce it and have a visual anker and support
- ✓ Things to do
- ✓ Things to achieve
- ✓ Places to visit / Voyages you want to do
- ✓ People to experience live
- ✓ People to meet
- ✓ Things you want to have (objects of desire)
- ✓ Professional and Financial goals

What to leave out

Activities in everyday life that make you happy

Values, Strengths, Affirmations, Strategies and Action plans

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How to establish it

A bucket list is about what we want to have done before we die, but as this is an abstract concept I suggest to take a practical approach. There are three ways, if you choose number one or two really 'play the game' and write things down as if... Try to bring fun into it also if you choose number three.

- 1 **Imagine it's your 80th birthday.** You're still fit with your mind and body and you look back to a rich life with ups and downs. Now write a letter to your younger self (the actual age you have now).
 - a. What do you tell her?
 - b. What are the things you've achieved, done, seen, tried out that have made a real difference and brought you jolts of joy and happiness?
 - c. What do you regret not having done or started earlier?

- 2 **Imagine you just were told that you have only five years to live¹.**
 - a. What would you do during this time without fail?
 - b. What else would you make happen?
 - c. What would you start to do right now where you have been thinking in the past, that there is still plenty of time?

- 3 **Take a big sheet of paper² or open a file and list down without thinking or analysing too much** and more important without censoring or judging yourself all the things you would like to do in the future. If ANYTHING was possible, what would you do?

¹ If you like Jack Nicolson and Morgan Freeman watch the movie "The Bucket List". I suggest to take a horizon of 5 years to give more space, they are told that they've got several months.

² Note : writing with your hand on paper activates different areas of the brain than typing on a laptop. For a creative exercise like this I always suggest to use this more holistic method.

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About Patricia



Mind-Body Success Mentor, Patricia Mauerhofer empowers women in business to making money and making a difference without harming their own health or sacrificing close relationships.

A certified project manager and professional coach, she is living on purpose and empowering others to find theirs. As a practicing Buddhist, she is walking her talk, living mindfully and spilling over the happiness and joy she found within during many years of a debilitating disease and after healing herself in 2011 from this 'incurable' condition.

Patricia is guiding, coaching and teaching women who want to step into their power and craft their best life in English, German, Swiss German and French.