

LIFE LIST...ONE HUNDRED THINGS TO DO BEFORE I...

One of the most interesting and fun exercises we can do is make a comprehensive list of experiences we would LOVE to have before we move on. This list serves as a wonderful way to keep track of the many ways in which you can imagine, conceive and achieve the DREAMS you have for yourself.

Make a list, refer to it often, and check off the experiences as you knock them off!

THE TOP TEN

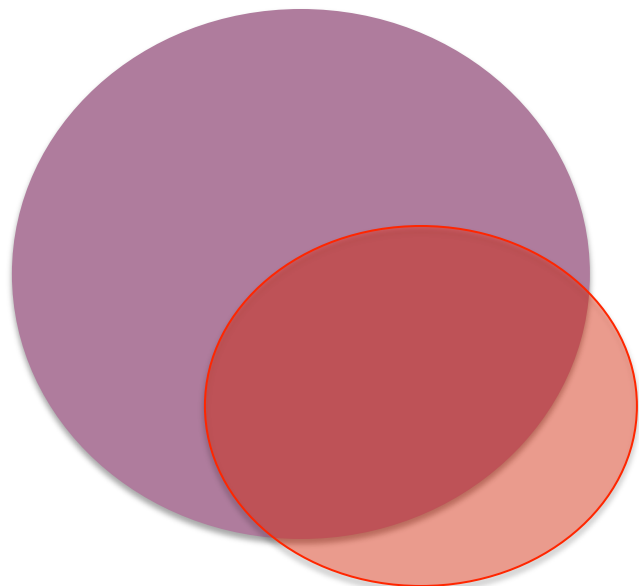
What are 10 burning desires you have for yourself?

A certain trip?

Meeting a certain person?

Achieving a certain milestone?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



ELEVEN THROUGH TWENTY

Keep dreaming.

Would you like to go on a world trek?

Bike ride in Thailand?

Be a guest teacher/trainer at a world class retreat?

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TWENTY-ONE THROUGH THIRTY

It's getting harder, so dig deeper.

What were your favorite wishes as a child?

Are there any childhood dreams that you've put off or dismissed that you'd like to re-visit?

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THIRTY-ONE THROUGH FORTY

If you're stuck, think of experiences that might feel like fairytales.

Visiting Paris in the spring

Driving down the coast of Italy

Discovering the Turkey Run (Indiana) on Foot

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FORTY- ONE THROUGH FIFTY

What are your professional and financial goals?

Do you dream of retiring at a certain age?

Is there another career that you'd LOVE to explore?

Let yourself dream big when it comes to your current career choices?

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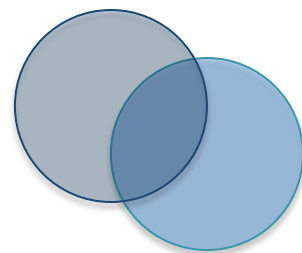
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FIFTY-ONE THROUGH SIXTY

ADD the significant people you'd love to meet, hear, work + study with.

Do you want to have dinner at the Whitehouse?

Meditate with Dalai Lama?

Dance in a Pharrel video?

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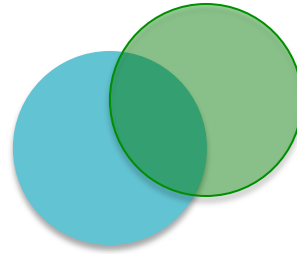
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SIXTY- ONE THROUGH SEVENTY

Be outrageous! What do you secretly want to do that might sound silly to others?

Write a rap song that tops the chart

Become a professional ballroom dancer

Be a guest on the Ellen Show

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SEVENTY-ONE THROUGH EIGHTY

What are your deepest values and spiritual beliefs, and how would these play themselves out in the next ten experiences?

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EIGHT - ONE THROUGH NINETY

If you were given six months to live, what would you make sure you accomplished in that time period?

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NINETY-ONE THROUGH ONE HUNDRED

If you die tonight, what do you want to have experienced, said, seen, or accomplished?

- 91.
- 92.
- 93.
- 94.
- 95.
- 96.
- 97.
- 98.
- 99.
- 100.

