

## The One Year Bucket List

My husband and I enjoy movies and one of our favorites is The Bucket List with Jack Nicholson and Morgan Freeman. Its theme is about obtaining your life's goals before you kick the proverbial bucket. While creating a list of your life's goals is a good idea, it's also a good theme for a **One Year Bucket List**.

Our minds are problem solving computers. Just give it a specific task and it will work to complete it. However, most people have only vague thoughts of what they want. They don't take the time to write down their ideas, dreams or desires. With a few easy steps, you can make a simple **One Year Bucket List**.

**"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands —your own."**  
~~Mark Victor Hansen

**1. Get out a piece of paper, find a quiet place, and put pen to paper.** Start writing a list of things you want accomplish this year. Anything you can imagine, taking a trip, going back to school, cleaning out the basement. Write it all down – no particular order. And to get you started, here are a few questions but the rest is up to you. Let's start with the basic coaching question. What do you want?



**The Workplace.** What three accomplishments during the year will yield you greater piece of mind? What do you want to accomplish with your peers or team? What might you do to keep the team engaged and productive?

This article has 692 words and should take 5.5 minutes or less to read. A small price for knowledge!

**Friends and Family.** What can you do more of to contribute to your family's health and well being? customer has become king. Some companies have adopted mission statements, policies, and procedures to handle the customer with sincerity and integrity.

**Your Health.** Without your health, you have nothing. You know how important it is, so for this year, what do you need to do to be healthier spiritually, mentally, emotionally, and physically? How might you help others to be healthier?



**2. Let's get specific.** Apply S.M.A.R.T rules. Take your list and start with the easiest and write a more specific description of what you want. If it's a car, what make and model, what color, leather or cloth seats. If it's a trip, where are you going, how will you get there and what will you see. If it's getting healthier, be specific. What kind of exercise and how often? What outcomes will you enjoy when you establish and maintain an exercise pattern? **BE SPECIFIC!**

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**3. Can you feel it?** The key to making your goals a reality is linking goals to an emotion. Now, think about one of your goals. Why do you want it? Dig deep to the emotions and feelings that are behind the desired goal. It's in this step you'll find what you are truly willing to do to achieve your goal.

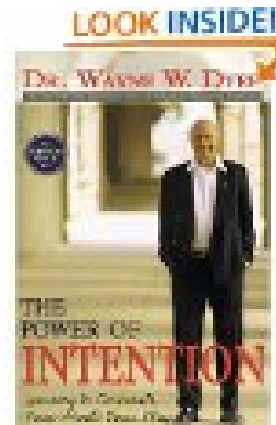
If your **One Year Bucket List** looks a bit overwhelming, take a deep breath. Read through your list and focus on what you truly want to happen. Cross off anything that doesn't contribute to your overall well being and satisfaction. Now you're ready.

**4. Take action. Don't procrastinate.** Planning alone does not insure success. You **must** take action. Look at your list every day. Read your goal and the emotional impact. Develop the habit of taking action on a daily basis and your **One Year Bucket List** will be the best year yet!

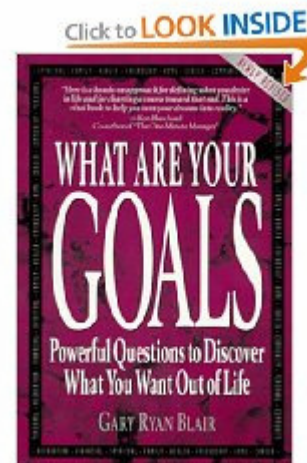
**"The best way to predict your future is to create it". - Chinese Proverb**



## *Suggested Reading:*



[The Power of Intention](#) by Wayne W. Dyer (Paperback - Dec 15, 2005)



[What Are Your Goals: Powerful Questions to Discover What You Want Out of Life](#) by Gary Ryan Blair (Paperback - Sep 25, 1999)