ONE HUNDRED THINGS TO DO BEFORE YOU DIE

De http://www.carolinemiller.com/worksheets/One\_Hundred\_Things\_form.pdf

(Translated by Margarita Tarragona with permission from Caroline Miller, author of this exercise)

One of the most interesting and fun exercises we can do is a detailed list of the experiences we would like to have before we die. The Cornell Legacy Project research has found that older "wise" people often say that making such a list (their "bucket list") has brought them many rewards in life, while not doing it frequently brings regret and lost experiences.

This list is a way to keep track of the many ways in which you can imagine and achieve the dreams you have for yourself. Check it often and see the experiences you are making!

To help you complete this list, I have included some questions and phrases at the beginning of each group of ten goals. If you do not have trouble making the list, skip my words, but if you need ideas to think "outside the box", maybe the questions will be useful.

Remember that the more people know your goals, the more likely you are to achieve them. So, if you want to maximize the chances of success, share this list with people who encourage and support you and who also want to achieve their own goals.

For many people, it is helpful to meet monthly with a group in which they update on their goals and "brainstorming" is done. These meetings can transform lives and energize the participants, so let me know if you want me to give you the guidelines on how to start your own groups of goals to achieve the ones you are about to list.

You can contact me through email: caroline@carolinemiller.com, or by calling 301- 229-9804. Now, let’s start with your goals!

www.carolinemiller.com 301-229-9804 caroline@carolinemiller.com

Your name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your “Top Ten”

What do you most desire for Yourself? A trip? Meeting someone in particular? Reaching a certain goal at work, in school, or volunteering?

|  |  |
| --- | --- |
| One through ten | Date in which you achieved it |
| 1. |  |
| 2. |  |
| 3, |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |
| 8. |  |
| 9. |  |
| 10. |  |

Eleven through twenty, keep dreaming!

What is your next group of ambitions? Would you like to go on a safari?

Skating in Holland? Go to a luxury SPA for a week?

Complete a triathlon? Learn to swim?

|  |  |
| --- | --- |
| Eleven throught twenty | Date in which you achieved it |
| 11. |  |
| 12. |  |
| 13. |  |
| 14. |  |
| 15. |  |
| 16. |  |
| 17. |  |
| 18. |  |
| 19. |  |
| 20. |  |

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Twenty-one through thirty

It’s getting harder, so you have to dig deeper

What were your most precious wishes as a child?

Are there some dreams that you buried when leaving school that you would like to recover?

|  |  |
| --- | --- |
| Twenty-one through thirty | Date in which you achieved it |
| 21. |  |
| 22. |  |
| 23. |  |
| 24. |  |
| 25. |  |
| 26. |  |
| 27. |  |
| 28. |  |
| 29. |  |
| 30. |  |

Thirty-one through forty

If you are stuck, think of experiences that may seem like a fairy tale.

Visiting Paris in the spring? Driving along the coasts of Italy? Visit the ruins of Pompeii? Diving in the Red Sea or on the great coral reef?

|  |  |
| --- | --- |
| Thrity-one through forty | Date in which you achieved it |
| 31. |  |
| 32. |  |
| 33. |  |
| 34. |  |
| 35. |  |
| 36. |  |
| 37. |  |
| 38. |  |
| 39. |  |
| 40. |  |

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Forty-one through fifty

What are your professional and financial goals?

Do you dream of retiring at a certain age? Where? With whom?

How much money do you need to do this? How much money would you like to donate and to what causes?

Is there a career that you would like to explore before you die?

|  |  |
| --- | --- |
| Forty-one through fifty | Date in which you achieved it |
| 41. |  |
| 42. |  |
| 43. |  |
| 44. |  |
| 45. |  |
| 46. |  |
| 47. |  |
| 48. |  |
| 49. |  |
| 50. |  |

Fifty-one through sixty

Make sure you list everyone you would like to hear, know or want to study.

Do you want to dine at Los Pinos or the White House? Meditate with the Dalai Lama? Eat with Oprah Winfrey?

|  |  |
| --- | --- |
| Fifty-one through sixty | Date in which you achieved it |
| 51. |  |
| 52. |  |
| 53. |  |
| 54. |  |
| 55. |  |
| 56. |  |
| 57. |  |
| 58. |  |
| 59. |  |
| 60. |  |

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Sixty-one through seventy

They can be crazy!

What do you secretly want but that might seem silly to other people?

Sing in a Rock group?

Walk the red carpet at the Cannes Film Festival?

Go to the Oscars? Meet the Pope?

|  |  |
| --- | --- |
| Sixty-one through seventy | Date in which you achieved it |
| 61. |  |
| 62. |  |
| 63. |  |
| 64. |  |
| 65. |  |
| 66. |  |
| 67. |  |
| 68. |  |
| 69. |  |
| 70. |  |

Seventy-one through eighty

What are your deepest values ​​and your spiritual beliefs? How would they express themselves in the next ten experiences?

|  |  |
| --- | --- |
| Seventy-one through eighty | Date in which you achieved it |
| 71. |  |
| 72. |  |
| 73. |  |
| 74. |  |
| 75. |  |
| 76. |  |
| 77. |  |
| 78. |  |
| 79. |  |
| 80. |  |

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Eighty-one through ninety

If they told you that you only had six months to live, what would you make sure to do at that time? Forgive someone whose actions hurt you? Look for your true love, despite what people might think?

To laugh more, love more and work less?

|  |  |
| --- | --- |
| Eighty-one through ninety | Date in which you achieved it |
| 81. |  |
| 82. |  |
| 83. |  |
| 84. |  |
| 85. |  |
| 86. |  |
| 87. |  |
| 88. |  |
| 89. |  |
| 90. |  |

Ninety-one through one hundred

Okay, this is your last chance to put your dreams on paper

If you were to die tonight, what would you most like to have experienced, said, seen or achieved, that nobody knows yet?

|  |  |
| --- | --- |
| Ninety-one through one hundred | Date in which you achieved it |
| 91. |  |
| 92. |  |
| 93. |  |
| 94. |  |
| 95. |  |
| 96. |  |
| 97. |  |
| 98. |  |
| 99. |  |
| 100. |  |

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