

Bucket Listing with Friends - For You

Purpose:

This can be seen as the *'what I really want out of life'* list. What are the experiences and achievements that you seek? Gaining an understanding of this can be motivating and can provide a light-hearted way to explore your goals and aspirations.

Invite a friend to do this with you. They can help in giving you an idea of how you are perceived and what goals and aspirations you seem to be working toward. The goal here is to have fun and learn about your friends goals and aspirations as well.

Instructions:

1. **Brainstorm**

- If there were endless possibilities/no limits, what experiences would you seek?
- What achievements would you seek?
- Where do you see yourself in 10 years?
- If you knew that you had only two months left on earth, how would you spend that time?
- What are the most gratifying things that you have spent your time doing in the past two months?

2. **Make the list & Rank**

- Now that you have brainstormed, make a list of all of the experiences and all of the achievements you would like to have.
- You should have a fairly large list now - go through and pick the top 3 in each category.

3. **Plan Your Top Rated**

- Now start to think about the top rated in each category and answer the following questions
- Who will be included in this experience and/or achievement?
- What are the things you need to consider to make this happen?
- When would you like this to happen, realistically?
- Where will you be?
- How will you feel?

4. **Share with your friends**

- Guess 1 experience and 1 aspiration that you think your friend is working toward
- Share your own

Bucket Listing with Friends - For Them

Purpose:

This can be seen as the ‘*what I really want out of life*’ list. What are the experiences and achievements that you seek? Gaining an understanding of this can be motivating and can provide a light-hearted way to explore your goals and aspirations.

You have been invited to do this by a friend who is participating in a program to increase their self-awareness, both internal and external. They need your help in getting an idea of how you see them and based on what you know about them what their goals and aspirations seem to be - ie. what are they working toward? The goal here is to have fun and share your goals and aspirations as well.

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2. **Make the list & Rank**

- Now that you have brainstormed, make a list of all of the experiences and all of the achievements you would like.
- You should have a fairly large list now - go through and pick the top 3 in each category

3. **Plan Your Top Rated**

- Now start to think about the top rated in each category and answer the following questions
- Who will be included in this experience and/or achievement?
- What are the things you need to consider to make this happen?
- When would you like this to happen, realistically?
- Where will you be?
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- Guess 1 experience and 1 aspiration that you think your friend is working toward
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