

A Small Bite Out
of Travis Bell's
Brand NEW Book
**The Bucket List
Bible**

“
*As the the World's #1 Bucket List Expert,
I have seriously studied the world-wide
Bucket List phenomenon & I've developed
my own philosophy around it. I speak
about it, i write about it & most
importantly I live it.*”



THE **MINI**
**BUCKET
LIST
BIBLE**

TRAV **BELL**



Welcome

Dear Friend,

Welcome to the growing family of Bucket Listers. You are about to embark on an expedition and an

adventure that will change your life forever!

No doubt, you have been led here by a series of questions that have been driving you for some time.

If you are like me, you have asked yourself more than a few times, “How can I have more success in my life, more money and have an even better lifestyle for myself and those I love?”

At some point, we have all searched for answers to some of life’s biggest questions. One of the biggest questions people often ask is how to attract and make abundant sums of money in order to live and not just survive!

Or maybe you have asked the question, “Is there more to life than what I am truly seeing?”

Getting the most from the potential you have is a life long journey but in this eBook we will start this journey together, I will show you, without question, how you can start to plan and live your ultimate bucket list lifestyle.

As of this moment, where you came from or what you have or don’t have; doesn’t matter anymore. What matters is where you go from here, and that will be driven by a number of factors—most importantly, YOU. Responsibility is one of the biggest keys to success in all areas of our lives.

I promise to deliver you the tools, knowledge, insights, learning’s and understandings that I have gleaned from ALL of my experience so that you too can see for yourself—there really is no excuse.

You see, the real learning starts when this eBook ends...

Please read this eBook in the same way you will finish it—with an open mind. Think of your mind as a parachute; it only works when it opens, and it is fatal to your dreams when it doesn’t.

Get ready, get set and let’s do it...

Cheers

Travis Bell





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About Travis Bell

Over the past 20 years, Travis Bell (Trav) has been involved in the personal fitness training industry. Starting with 1 client, Trav built a personal training business that did over 1 million personal training sessions with a team who motivated 10's of 1000's of clients across Australia.

But rather than just help people achieve their health goals, Trav was also personally called upon by clients to help them achieve goals in the other areas of their lives. Trav's superpower is his unique ability to get people from where they are now to where they want to be is truly unique.

This is the foundation for why Trav is now regarded as one of Australia's foremost lifestyle coaches, entrepreneurs and international author.

As a professional speaker, his private events are always popular and sold out nationally because they simply transform lives. His corporate keynote presentations are equally engaging because of the impactful content, massive take-home value & Trav's memorable presentation style.

Trav is one of Australia's most in-demand motivation speakers & a sought-after Life & Business Coaches.

Visit www.TheBucketListGuy.com.au to view Travis ticking off his list and living his Bucket List Lifestyle.





A Taste of What Others Say About Travis



Lee Moylan

It was great to meet you yesterday Trav! I found what you had to say to be interesting, inspirational and truthful. Only 18 of my 80 boxes are crossed...so I have loads of time to do everything....or do I... haha

I can honestly say that the 90 minutes you spent telling us about yourself, your beliefs, your values, and your aspirations really resonated with me. I went from being a naive 18 year old partial procrastinator to a person actually making little changes to my life and to others' lives. Not just writing down on paper what I want to do...but spontaneously thinking of something awesome, something liberating, be it for myself or for another, and actually making it happen, or at least starting the process.

I have contacted my mothers friend (single mother) who has a severely sick and disabled son, and I will now be babysitting him (free of course) every fortnight to allow Trudi (his mother) to spend time away from her chaotic life.

I have applied to study abroad next year with my university I have fully booked and paid off my solo holiday in June/July to Indochina.

These were things I was contemplating, things I was putting off for a rainy day. But after yesterday I asked myself why not just do it. Why wait until it's too late, or just wait at all.

Thanks for the inspiration and the nudge and kick in the right direction.

Lee Moylan

Watch What Jeffrey Slayter, Jack Delosa, SEDA, Andrew Morello, Western Bulldogs & More Have to Say About Travis. Click through below.



The Ollie Bucket List



Ollie Gladwell · Client Relationship Manager Culinary Skills Australia and Practical Outcomes

To: Travis Bell

Date: December 6, 2012

Hi Trav,

Well you are still on our minds! Last weekend we achieved a milestone on our bucket list, got married surrounded by family and friends, we then headed down to a place on my bucket list at Mornington, paid by my colleagues at work and yesterday I achieved my dream of walking along a totally deserted beach with my best friend and my husband.

We were given a flight in a helicopter as a wedding present along with gold class movie tickets so we are slowly crossing things off but adding new ones each day.

Our bucket list is quite simple things but to know we are working on them each day is great.

Huge thanks for your inspiration, we talked about you yesterday as we walked along the beach so you were there too!

Hope you have a great Christmas and New Year.

Big hugs
Ollie Gladwell (ex Tabone GMCC president.)



Writing Your Bucket List!

Writing Down What You Want

“Look...if you had one shot or one opportunity to seize everything you ever wanted. One moment. Would you catch it or just let it slip?” Eminem – Lose Yourself Lyrics

Welcome to The Secrets To Living Your Ultimate Bucket List Lifestyle Revealed eBook. And congratulations for taking the journey this far, because the fact is, you are part of the rare percentage of the population taking forward steps to improving your life rather than simply “existing”.

Remember, the whole point of writing a Bucket List is writing things that are *important* to you, and would allow you to live a life free of regret.

No more dealing with anything you don’t want to. No more procrastination. No more just “existing”.

It’s time to define your why, and start living each and every day of your life *purposefully*.

During this chapter, we start to take the *first clean steps* to define the life you want to live, and fulfil. If you have completed Exercise 4, you would have gotten a *strong sense* of what is important to you (your core values), and if that was an *eye-opening experience*, you will have *no problem* actually writing Your Bucket List.

With your core values in mind, this chapter will take you through a few key things;

- Heaps of ideas you can steal or model in order to write your very own bucket list
- Writing your bucket list items in a way that is *most aligned* to your core values, and
- Breaking your bucket list items down to *smaller* manageable steps so that you don’t experience “*to-do overload*”.

This ebook is *unique* in the sense that the theory *and* practical exercises, go hand in hand. So grab a pen or pencil, and set aside some time to do this (about 15min to 30mins per bucket list item)! If you are feeling itchy to get started, like an artist does when he has a blank canvas and all the ink in the world at an arm’s reach, you’re in the *right place*. Let’s get this baby rollin’...



The Approach to Writing Your Bucket List

You can start by writing *big* ticket items if you'd like, but generally speaking, you want to mix in some smaller items too and ones that you can *tick off* quite quickly and easily. That will build your confidence, and it'll help you get some momentum going for the rest of your bucket list items.

In the following exercises, I've also included some "real life" example of peoples' Bucket List items, and some generic ideas to trigger your brain for some ideas so you don't draw a blank.

I give you *100%* permission to cheat and steal ideas when it comes to writing your bucket list. You don't have to come up with original items for everything, just make sure what you write down inspires you!

Once you have a few ideas, make sure you get as *specific* as you can. Because the more specific you are, the clearer it will be to you, and the stronger your emotional connection to it will be (how you imagine it will make you feel, see, taste, or hear). And the stronger the emotional connection, the more *inspiring* your bucket list will be to you, and hence you will more likely achieve your bucket list item.

Having trouble getting specific? Let me give you an example to get you going...

Say you wanted to buy yourself a car, you will want to know what model the car is, exactly what colour it is, the price, and even down to the different interiors or add-ons you want (for me, it'd be a surf roof rack!). And for those who are really "OCD" (tendency to be obsessive compulsive) with detail, let me tell you now you're going to *rock* at this!

Warning: DO NOT focus on the vehicles to your Bucket List items, focus on what you want, the end goal, and then work on creating the time and money to get there (this will be the focus of Chapter 8 – Reverse Engineering Your Bucket List). Don't worry about the "how" just yet, we'll get to that. For now, it's pure *dreaming* and articulating *exactly* what you want out of life!



Meet A Personal Hero

Who are the people you want to meet in your life, and when you do, would make you feel happy and 'stoked'?

Usually, these people are people you look up to for inspiration. Somehow, their lives, what they do, and what they represent, resonates with a deeper part of you. In fact, they might even be *performing masterfully* at the very thing you too, want to perform at.

I met my personal hero Richard Branson a few years ago. Just looking at what he has done in global business and what he's still doing in his 60s' is simply inspiring. I bought a VIP ticket to see him at his after party *just* to tick something off my list!

To give you an example of how unique this bucket list item can be, a lady by the name of Simone (Bucket Lister) decided that she wanted to meet and train with "The Commando from The Biggest Loser". According to Simone, the Commando earned her *heartfelt* respect when he connected deeply with the family he was training. So you know what Simone did? She organised a *personal training session* with him. And in her own words...

"Between the (what felt like a million) burpees and chin ups, I remember getting a new appreciation of the word experience and focus on discipline, as well as some great laughs along the way"

It's always touching to hear that people are bringing each other along in all walks of life. Whilst I personally may never feel compelled to spend time with this Commando, he is someone that holds meaning to Simone. And for that, Simone got just the *experience* she wanted.



So in the table below, list at least *five* people you would like to meet. And here are some ideas to help kick things off:

- A favourite sports star
- A favourite movie star
- A world class business figure
- A political champion
- Your childhood hero
- A famous author
- A famous artist
- A champion of a cause
- A long-lost relative
- The head of a charity
- A radio personality
- An adventurer
- An inventor

Item #	Meet A Personal Hero
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Your Proud Achievements

Things you want to achieve in the business space, or get recognised or awarded for?

Your Proud Achievements is generally things you would be recognised or awarded for, whether it's in the form of money, business, self-satisfaction, or a certificate. Again, they will be forms of recognition that tie in to your highest values.

Darren (aka Dazz) Wright, a family man who attended one my Bucket List events was nearly 45 years of age when I met him at the time. Dazz had been working the same sales manager job for 14 years, and after attending the Bucket List Experience, he decided he didn't want to be remembered as a "company man". He was sick of living within a corporation that made him feel like every ounce of life was being sucked out of him.

Dazz *really* wanted to be a transformational leader, story teller and family man.

So in March 2013, he quit his job and launched his *Academy of Mindful Entrepreneurship* and *The Archery Experience with Team Wright* (family project which includes his kids and father). Both of which complement each other and focus on the positive development of individuals through both entrepreneurship *and* the art of Archery.

As of September 2013, Dazz delivered an *All Access/All Abilities Archer Development* program with the Nepean School, working with children with disabilities. This level of fulfilment Dazz is experiencing is fuelling him to cause bigger and more positive waves in his community.

Today, the team trains in Berwick, Cranbourne, Baxter and Seaford and have delivered the Archery Experience to nearly 1,000 people to date and increasing. With media coverage expanding such as being featured on the Mornington Peninsula Community Radio show, Dazz is unquestionably expanding the *difference* he is making for the community.

I can't say enough about how touched I am to see how *powerful* we as a human race are when we get in tune with what we are here to do.

Dazz could have well gone deeper down a traditional career path, never getting to know his kids, or reaching out to the community that he so truly *treasured*.



Yet today, he has the time freedom to surf with his children and teaches them things such as roller blading. And the last time I checked in, he is making a video package of their memories together. Memories that would have only stayed as dreams!

So in the table below, list at least *five* things you would like to achieve. And here are some generic ideas to help kick things off:

- Start a business selling...
- Start a career in...
- Sell a business for...
- Be a great dad to...
- Be a great mum to...
- Graduate from University with a degree in....
- Complete a Diploma in...
- Buy or build a house
- Complete an MBA or PhD in...

Item #	Your Proud Achievements
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Buy that Special Something

What are some of the things you want to own and have and that have meaning to you?

Okay, this is where we get materialistic. I mean why not, hey? We deserve to because we've earned it. "Buy that Something Special" are the *physical* things you want to own, that have meaning to you, would be regarded as fun, or also as *self-reward* to show you, that you *love* you.

Usually when I mention this section some people retract, while others start to dream. For those who retract from it, maybe consider tying them first to your highest values. That way, the *material things* aren't only nice and fun to have, but also *directly support* your passions and interests in life.

(*Psst*: I'll let you in on a little secret about me that only a chosen few know. As a reward to myself on my birthday (for living another year), I buy myself the biggest gift I can. That 'Something Special' 😊)

One perfect example I want to share comes from Teresa Lombardo, an Executive Assistant. Teresa found that thinking of buying something special for her was a real challenge because she wasn't someone who placed significant value on material things. So she looked to purchase something a bit more *meaningful* to her life...

In late 2012, Teresa ended an emotionally and psychologically challenging relationship. At the time, she made a commitment to herself that she wouldn't allow that kind of toxicity into her life, out of love and respect for herself.

She decided, in order to seal her own strong and loving relationship with 'self', Teresa went window shopping for the 'perfect diamond ring' to symbolise that. The ring has now been placed on her traditional engagement finger as a reminder of her commitment to her, and no doubt, that as she grows to love herself more, someone new will also value her much the same. 😊

I can't say even how much I want people to value themselves more, just like Teresa has. Having coached literally hundreds of people, I find it heartbreaking to see that so many people cause themselves undue pain due to a lack of self-worth. Yet from my perspective, I see their *genius* and *uniqueness* at play, all just begging to be shared with the world.

Teresa...well done!



So in the table below, list at least *five* things you would like to own. And here are some generic ideas to help kick things off:

- A gold Rolex
- Latest technology or electronic gadget
- A beach house
- Stylish clothing
- The leather satchel bag
- Fashion accessories
- A collector's item
- A rare piece of art
- Own a Ferrari
- A custom made surfboard
- A Wally Boat

Item #	Buy that Something Special
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Ultimate Challenges

What are some larger things that when you overcome, would make you feel proud and fulfilled?

Your Ultimate Challenges are larger obstacles that you want to overcome and win over, and would make you feel like you've really grown as a person. These are usually in the form of some *physical activity* that has a *competitive* element to it. It will not only make you realise how far you can push human physical limits, but even help you build a *healthier* body to support all other areas of life that are of value to you.

A Bucket Lister by the name of Cameron comes to mind when I think of Ultimate Challenges. Cameron has a history of depression, and when he first came to my seminar he weighed 160kg.

For Cameron, "comfort" was a norm, but he still wanted to change that by doing something that would take him out of that zone, and make him feel more "alive". In his own words "I want to be able to climb a flight of stairs without running out of breath"...

What Cameron got out of The Bucket List Experience, was that he wanted to do *Tough Mudda* to overcome the physical challenges he had. And you know what? He did. After the *first* Tough Mudda race, he lost 50kg!

"The process of running was long and slow and had some setbacks. Some days it felt good, and other days I battled with every step. I would have to keep going through my pain checklist anytime I felt like walking. This proved to me that my mind is stronger than my body."

Today, Cameron is looking to take on the Melbourne Ironman for 2014, and experience the sense of achievement that comes with cross the finish line.

For me, Cameron is a testament to how much governance mind can have over body, and how even seemingly impossible physical stunts can be achieved *in spite* of circumstance. Cheers to Cameron!





So in the table below, list at least *five* ultimate challenges you would like to take head on. And here are some generic ideas to help kick things off:

- Complete a Marathon
- Learn Yoga
- Learn to Surf
- Compete in a body-building competition
- Compete in Tough Mudda

Item #	Ultimate Challenges
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Conquer A Fear

What are some of the personal fears you have that are unique to you, and you would like to overcome?

Your Personal Fears are things you are afraid to do (whether it is an *emotional* or *physical* fear), and they are *unique* to you. Some people have a fear of rejection when it comes to dating, whilst others have an absolute fear of public speaking...and some, it might just be getting comfortable with seeing a dentist.

These fears normally make you freeze up or stop breathing momentarily. It is also important to recognise that these personal fears are things you *want to conquer*, because you know they are holding you back from serving your *highest values*.

Example - Julie Stevenson was a fellow Bucket Lister who had wasted a lot of her life living in fear. In particular, the fears of what other people think, and as a result, she never valued the way she wanted to live her own life.

Jules, having experienced a great deal of grief from the passing of a close friend, ended up in a relationship with someone she had originally *broken ties* with. And, after weathering years of a turbulent relationship, she arrived a cross road in her life....an engagement proposal! And, since her partner's father had just passed away she felt it would be *wrong* to reject him...

"I was in deeper than I knew how to get out of and terrified as hell".

From there, they purchased a property with her partner's inheritance, Australian house prices had dropped, and she was seeing through an abusive relationship. Yet she still pushed on!

"Then the wedding drew closer. What would my family say if I called it off? What would people think of me? Everyone has rough patches, everyone fights. I'd made my bed, time to lie in it. No-one wanted to tell me their true feelings – they just wanted so much for me to be happy and to support me. Scared of judgement, I put on a magnificent front, kept it all in and *suffered terribly in silence*."

Julie reached out to a friend, who was so confused by her stories that he asked her what her exit strategy was. He brought Julie to my "Design Your Bucket List" seminar, and Julie suddenly had the *permission* to be happy, and to live a life of her own, not of her fears. Bottom line, she picked up the phone and dealt with her biggest fear – disappointing her parents.



Of course, everyone thought she had gone “crazy”. But at that moment, Jules decided that “enough was enough”, and there is nothing more liberating than living a life of your own, than the one you think you have to.

Hearing that Jules had given herself permission to live, was certainly a *sigh* of relief on my end as much as it was on hers.

So in the table below, list at least *five* personal fears you would like to overcome. And here are some generic ideas to help kick things off:

- Learn to sell and sell something
- Fire-walk at a Tony Robbins event
- Hot air ballooning
- Ask the man or women of your dreams, out for romantic dinner
- Say “no” to people at work
- Swim with Great White sharks of the Sth African coast
- Get your skydiving licence
- Publicly address a crowd of 100 strangers from a stage

Item #	Conquer Personal Fears
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Kind Acts For Others

What acts of service do you want to perform that would make you feel heart-filled, and grateful?

This is all about doing things that are *socially useful* or would class as some form of “charity” that would leave you feeling *warm and fuzzy*. The whole concept behind this is giving back where you can and where you want, because the more you serve your community, the larger an impact you can have on your own life. Simply put, what you give, you get back!

Again, where you can, *aligning* them with your *highest values* is where they will hold most power. The more you can see how your bucket list items *serves you* and your purpose, the more likely you will tick them off *and* have fun in the process 😊.

One person who comes strongly to mind is Cameron Gill, a Martial Arts Practitioner.

At the time I met Cameron, he had just been diagnosed with a Grade IV Brain Tumour which gave him an average of 12 months to live. He joined the Bucket List Community and whilst he was presented with such a life-threatening challenge, he also took on board a whole new perspective about life.

With whatever life Cameron had left, he started delivering programs to primary schools such as “The Paragon Superhero Program” targeted at teaching kids the key traits of leadership, confidence, compassion, respect and self-discipline so they could become superheroes for their own communities.

Additionally, Cameron set out to create the Tumour Humour Foundation to provide acts of kindness to cancer patients. The aims of this foundation are:

1. To help teach people with cancer how to live and how to have fun despite having a very negative prognosis.
2. Provide support to allow them to tick off “Bucket List” activities.
3. To educate the community as a whole about cancer and remove much of the stigma that is involved with a diagnosis of cancer.
4. To encourage those amazing people who work closely with people who have cancer, such as the many nurses, to stay in the field and encourage them to continue to provide the amazing care they do provide.



5. To educate the medical community on the value of humour in medical care and how important it is to do everything possible to assist patients to go after the positive experiences they desire.

In Cameron's own words, "My belief is that through this foundation I can help people facing shortened lifespans due to cancer, and live a longer and much more fulfilling life. The thing that has really hit me though is the effect that this has had on me. For someone living with an aggressive Brain Tumour I was supposed to lose a lot of motivation, become self-absorbed, become negative and lack a lot of energy. These acts of kindness, among other things, have helped me maintain a very high energy level and brought so much more meaning and pleasure to my own life. I still have a very dicey prognosis but ticking these things off my Bucket List has given so much meaning to my life."

Thank you Cameron - I'm humbled, enough said.

So in the table below, list at least *five* kind things you would like to do for others. And here are some generic ideas to help kick things off:

- Raise \$250,000 for Amnesty International
- Donating clothing and personal items
- Pledging support to a child in Africa
- Helping out in a hot soup kitchen
- Volunteering to educate people in your area of passion
- Be a hospital clown at the Royal Children's Hospital
- Be a blood donor
- Donating or volunteering in youth support
- Pledging support to single mothers

Item #	Kind Things for Others
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Express Yourself

What sorts of creative things do you want to express yourself in?

It's no mystery that all of us in some way or another, want to express ourselves creatively. It's therapeutic, soothes the soul, and allows you to get into an entirely *personal space* that you own. Normally, these creative passions also hold aspects that tie in to our highest values, but are *different* enough to what we normally do, and are therefore *refreshing*.

Lee Mackie is a perfect example, having attended my "Design Your Bucket List Lifestyle" course. As a young girl, one of Lee's greatest passions had always been dancing. Whether it was ballet, club dancing or salsa, she was on to it.

One of Lee's inspirations was Samba dancing, which, till today had seemed to be out of her reach. She admired the fact they wore such expressive costumes with big feather head dresses, and "sequined" G-string bikinis. And to top it off, they performed basic dance steps extremely fast, and had an unearthly ability to move their hips in rhythm.

After attending the Bucket List event, Lee decided she would take Samba lessons. Before she knew it, Lee had an opportunity to perform at a Ball which required her to commit to a 10 week intensive program to perform in front of 800 people! Weekly performance classes, three weekly samba classes, private lessons, yoga, dieting and *lots of practice*, Lee was in for a ride...

How did the performance go during the Ball? Nothing short of *amazing*, and in Lee's own words...

"Showtime came way too quickly. The costume was amazing! It was bright emerald green and not much to it! Several layers of fake tan, professional make-up done, and extra hair brought the whole thing to life. Here it was – 2 minutes of stage time – and it was all over! Wow! What a buzz. Bucket list Tick!"

What is the next on Lee's Bucket List? She wants to perform in Rio de Janeiro's Carnivale parade!

Is this girl playing a *bigger* and *bigger* game or what?! Watching her go from stage to stage is just pure inspiring. To go from "I don't think I'd ever be able to do that" to "I'm going to The Carnivale in Rio to dance in the parade" simply deserves a *round of applause*.



So in the table below, list at least *five* kind things you would like to do to express yourself and your creativity. And here are some generic ideas to help kick things off:

- Exhibit your photography
- Collect artwork
- Baking and selling cakes
- Paint something
- Get a tattoo
- Design your own clothes
- Decorate and arrange your living space
- Write a children's book
- Publish a book about your tragedy to triumph story
- Make a documentary
- Create your own website
- Invent something
- Put your comic online

Item #	Express Yourself
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Take Lessons

What sorts of skills and abilities do you want to learn?

So what sorts of new skills or abilities would you like to have under your belt? This is your chance to list them, and start putting them into *action* immediately. Learning something new is invigorating, keeps our brains elastic, and inspires you to realise how much there is on offer in life. Again, try to tie them into your highest values, and see how they are actually serving them. The more of your purpose they serve, the more power you will hold when you *tick them off*.

For Lee Mackie as we saw in “Express Yourself”, it was dancing. Not only was it a chance for her to up her skill in Samba, but it was also an opportunity for her to express herself on stage, and share it with an ever-growing number of people. And in terms of tying it to her highest values, Lee had always loved dance from a very young age, and to be able to *deepen* her experience of it by taking lessons, was just perfect. 😊

So in the table below, list at least *five* kind things you would like to learn. And here are some ideas to help kick things off:

- Learn to tango
- Learn a new language
- Learn to play a musical instrument
- Learn to sing
- Learn to beat-box & record it
- Learn to ballroom dance
- Learn to play the ukelele
- Learn to fly a helicopter
- Learn to breakdance
- Learn to make cheese
- Learn yoga

Item #	Take Lessons
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Leave a Legacy

What things do you want to create, that live on even after you pass?

Okay, imagine going through life and getting to the end of your 80th square, and sitting in that place. Before you kick the bucket, what sorts of things do you want to leave behind as your message or gift to the world? What impacts do you want to create, that is eternal and would make dying in peace possible?

For this, I refer to Julie Cini's story. Julie Cini (aka Jules), Chief Executive Officer of the Spinal Muscular Atrophy Association of Australia, had undergone deep grief after having lost two of her children (Montanna and Zarlee) to a condition called Spinal Muscular Atrophy. At one of my seminars, Julie was sitting there with tears streaming down her face because whilst everyone around her was "excited" about their Bucket Lists, Julie dearly missed her girls.

At the time, Julie had a strong desire to write a book as a legacy for her children, but found herself stuck in fear of rehashing such intense emotional experiences. But by the end of the event, Julie found it within her to go through with it, and experience both tears and laughter.

The result? She completed a book called "Leaving Life Legacies" as tribute to her children Montanna and Zarlee. The book talks about how inspiring her daughters are in helping her get out of bed every morning to support the Spinal Muscular Atrophy association, and to face the world and its challenges with a smile.

Life is bitter sweet, and both flavours make for a nice meal. Julie's story not only humbles me, but really causes me to deeply appreciate the delicate challenges each and every one of us face in our own lives. Our own "Mount Everest" so to speak.



So in the table below, list at least *five* things you would like to leave as a legacy. And here are some ideas to help kick things off:

- Plant a tree
- Plant a forest
- Set up a legacy trust fund your children
- Build an eco-village
- Build a school
- Give an amount of money to a personal charity

Item #	Leave a Legacy
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Idiotic Things

What are some of the silly things you have always wanted to do just for “fun”?

Life gets crazy, so why shouldn't you sometimes too? 😊. What sort of outrageous things do you want to do or experience, that may be a bit 'qwerky' even, but would make you feel absolutely free? That's what idiotic things is about. Forget about being too serious, and just really have a bit of *thoughtless fun* (of course, without harm to others).

To shed some practical light on this matter, I bring to light an event involving my wife Sharon Bell (no, I'm not making a statement) and her lovely friend Megan Maletic. Megan had a dream to be on an Australian game show called "Deal or No Deal".

I'll let Sharon do the narration for this one 😊....

"In 2005, my girlfriend Megan Maletic approached me with a funny proposal, "I have put my name down to appear on Deal or No Deal. It's my dream to appear on the show - will you do it with me?"

I laughed, but also felt a little hesitant – what was involved? We both had to take time off work to attend an interview with Channel 7. What would we say? How will we get them to notice us? Scarier still, if after the interview process, what if we were actually CHOSEN to not only go on the show but to be the couple that has to choose the cases? Then my mind started racing – what if we ACTUALLY won some money on national TV?! It was a scary thought, which turned to excitement, so – I agreed.

Weeks later, we received a letter to say we were chosen to be in the 'holding audience' where people in the show are chosen from. We were SO excited!

The day of filming arrived. It started at 8am and it was a LONG day. We had to 'be the audience' and clap and cheer on cue for the people in the show. Thankfully, we sat through a whole show in the making and got to see Andrew O'Keefe at his best, full of energy and inspiring!

So, the time had come to choose the next contestants and those to be the 'case openers'. Low and behold both Megan and I were chosen to be case openers! OMG – we were going to be on TV!!!

I realised then that I had helped Megan fulfil her dream of appearing on Deal or No Deal! She was overwhelmed with excitement! We were given strict rules on how to open the case, when, how and when to look at the camera, when to talk, when to clap – it was exhausting.



Filming started. The anticipation created for that one moment of you opening a case and guessing the amount as you looked at the camera was unrealistically ridiculous - I can't tell you how nervous we were!

So, my time had come. My case was chosen. I guessed \$100 and when I opened it, it was another figure. (Now if you were familiar with the show back then, if you were a case opener and you guessed the exact amount or item which is in the case, you won \$250).

The contestant then moved onto Megan's case – her moment had come. To my surprise, she changed her guess last minute saying "Andrew, I think I have the car". Andrew said, "OK Megan, then let's see". She slowly opened her case and bells, whistles went off – she had guessed the car correctly! Now anyone would think we both WON a car judging by our response. We jumped up and down, screamed, hugged and laughed...(OK, we went a little bit overboard), but we were just so caught up in the moment!

Our show and filming day finally came to an end, the contestant won a small amount with a large novelty cheque, and we went home utterly exhausted.

We watched our episode on the TV the next week and gathered friends around to have a laugh at our expense. Our husbands were mortified at first that we were on the show, but then got caught up in the excitement of it as well as we spotted ourselves on TV.

For us, it wasn't the money that was exciting; it was our little 5 minutes of fame and adulation that won us over as well as a friend's dream being fulfilled. It was a crazy and very funny experience."

So in the table below, list at least *five* idiotic things you would like to do. And here are some ideas to help kick things off:

- Cheese rolling
- La Tomatina
- Festival of spices
- Wearing a "onesy" in public

Item #	Idiotic Things
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Satisfy A Curiosity

Is there anything that you are curious about experiencing, tasting, hearing, feeling, touching, smelling using the five senses?

Have something that you're curious to experience because you're *not quite sure* how it'll all turn out? But somehow, you always wonder what it'd be like? Great!

Welcome Ali McIntyre....

“Since doing the Bucket List Experience I have had a curiosity for Drag Racing. Since just putting that little thought out there at Travis’ event only a couple of months ago and although there were times where I thought how am I going to make this happen?

There were at times, situations that prevented me from getting in the car and driving down the track example; rain and test meetings cancelled. One thing I did was I didn’t give up I had people around me that supported me. I could see myself racing and although I didn’t know when or how it was going to happen, I just knew I would. I ended up having an opportunity where I was encouraged to race in a major two day event even though I hadn’t even had a test run.

I knew I had to take the opportunity. The weekend came for me to race there I was at first major event not knowing what to expect apart from giving it a go and doing my best. I started at the start line and took off. After the first run I was so excited I had finally done it!

I had quite a few more runs and got better as the day went on. I have found my new passion driving very fast legally. Since that event I race most Wednesday nights and Saturday now my confidence is building all the time on the track. I have competed in two more major events since then, with one being in support for Breast Cancer patients.”

I’m sure like Ali, you too have things that you want to do to “satisfy a curiosity”. Isn’t it exciting that a ‘surprise’ experience could be just around the corner for you? ☺



So in the table below, list at least *five* things you want to experience to satisfy your curiosity. And here are some ideas to help kick things off:

- Have sex with the same sex
- Taste a snow egg
- Eat a snail in France
- Watch the Northern Lights
- Map your family tree
- Sleep in an ice hotel for a night
- Experience the Burning Man Festival

Item #	Satisfy A Curiosity
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Travel Adventures

What places would you like to see in this world? What activities would you like to experience across the globe?

Travelling the world and experiencing the amazing things this globe has to offer, is one of the most rewarding experiences you can have in life. It brings fresh perspectives, learning lessons, and the opportunity to meet and connect with others *outside* of your current ecosystem.

I'd like to share Dr Troy Hendrickson's story! In fact, I'll let him tell it to you in his own words...

"One of the things that my Father had always talked about was his desire to go to Alaska to go fishing. As an avid fisherman throughout his entire life (he is now 74 years old), it was one of the things that he always dreamed about doing...*someday*. While attending Trav Bell's Bucket List seminar, I got the 'fire in my belly' to make this trip happen because I realised that at age 74, the potential of that 'someday' never happening was very real unless I proactively took the steps to *make it happen*.

My sister died from a long battle with cancer just three years earlier in 2010, so the notion of 'taking our life span for granted' really resonated with me when Trav talked about this in the workshop.

The idea to take my Dad and my Brother on this "Bucket List trip" to Alaska had been planted, and it was germinating very quickly within my mind.

Over the next three days I did meticulous research regarding all of the nuances of this Alaska fishing trip, including best location to go to, the best fishing guides, the best times and, of course, the best place to actually stay at. If this trip was going to happen, it was going to be special. I knew that I was going to have to ask for forgiveness rather than permission because my Father would most certainly have some lame excuse for why he could not go- (aches and pains or some other justification/rationale for why it was not a good idea).

I also realised that this may be the only time that my father, my brother and I could spend time together experiencing something that was very memorable. I grew up with two siblings and with my sister no longer living, my brother and I are the only 'children' that remain. So I decided that I needed to also bring my brother on the trip. I even contacted my brother's boss (without him knowing) to secure the time off in his work schedule so that I could minimise excuses he would present to me. I needed to proactively address any and all obstacles and create a scenario that minimised the likelihood of them having an excuse NOT to go.



Although there was a huge risk in them bowing out, I booked the flights and secured a 7,000 square foot log cabin on the Kenai Peninsula for an entire week in May. I also locked in fishing guides throughout the week so that we could go fishing for king salmon, sockeye salmon, halibut and rainbow trout.

When I contacted my Father and Brother to inform them of the trip, *it was not a request for them to come...it was a demand for them to be a part of MY BUCKET LIST adventure.*

Long story short, we had the most incredible week that I could possibly imagine- catching our limit of every one of the previously mentioned species of fish, and having an absolute blast!! However, there was one 'moment' that will be etched in my memory forever. I remember glancing over at my Dad as he looked out the window of the plane during our fly-in sockeye salmon trip, absorbing the amazing scenery, with his hand resting on my brother's leg...and there was a small, glistening tear streaming down his cheek as he said,

"I never thought this would actually happen...especially not with my two sons, this is a dream come true..."

It's *never* too late to take a stand and make the most out of your life. 😊

So in the table below, list at least *five* travel adventures you want to experience. And here are some ideas to help kick things off:

- Backpack through Tibet
- Cruise the River Nile
- Do an African Safari
- Visit The Great Wall Of China
- Visit the Pyramids
- Drive Route 66
- Travel on Virgin Galactic
- See the Northern Lights
- Follow the Tour De France

Item #	Travel Adventures
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Final remarks on writing your bucket list

Your Bucket List will end up looking very unique to you. And remember, that's perfectly fine because *everyone's* definition of satisfaction and success is different, so know that it is *futile* to actually compare yourself to someone else.

Will your bucket list change over time? Hell yeah. Even some of your *values* will change over time. Of course, some values which are more like core values will remain unchanged throughout your life, but as you go through the journey of being a human, what's important to your life changes. For example, people with children will have a much stronger focus on family than a teenage boy whose highest priority might be chasing girls!

So feel change to chop and change things on your bucket list as you please. It's totally normal *and* necessary. 😊 Your bucket list is a ***living and breathing*** thing.