

### ACTIVITY: Empty Your Buckets and Fill Your Life List

#### Purpose

- This activity is designed to push people past wishing for experience to planning for experience.
- The purpose of this activity is for people to step outside of their comfort zones and try new experiences.

#### ESTIMATED TIME

**10** minutes

#### Background

What does it mean to live a full life? In many ways our lives have become too routine. We wake each day, prepare for work, do our job, return home, and squeeze in eating, time with friends and family, and sleep. That might not be entirely accurate, but more times than not we are living the same routine every day. While there is comfort and stability in routine, there is also a loss in adventure.

Committing to trying new things brings meaning and happiness to our lives that may have gone unnoticed if we remain comfortable. If we stick to our routine.

Let's explore breaking habits and routine and fill our lives with adventure and new experiences. Everyone has heard of a bucket list, but this is entirely too fatalistic. The things I want to do before I die...no thanks. Let's instead make a list of the things I want to do to feel alive.

The bucket list is already dead. Mainly because the items that fill that list are typically filled with dreams, not goals. Let's explore new experience with purpose and accountability. Let's commit to new experiences and seek meaning in all we do.

#### MATERIALS

##### Required:

- A. Paper and Pen

##### Optional:

- A. Computer
- B. Internet Connection
- C. Projector



### Activity

#### **If you have a computer and internet connection**

Begin activity by playing either of the videos about the “Iron Nun” listed in the Sources/More Information section below. Utilize some of the discussion questions below to facilitate conversation

#### **If you don't have computer and/or internet connection**

Begin activity discussing peoples thoughts on bucket lists. Utilize the background and discussion questions to facilitate conversation.

#### **Activity Instructions**

1. Ask participants to commit to enriching their lives in the next three months by doing some thing new.
2. Have participants write a list of items they may have wanted to try but never have. A Life List if you will.
3. From that list, have participants choose one and map out a plan to try some thing new. By planning you are no longer dreaming, you are goal setting.
4. Have participants share their plans with each other.

### Discussion Questions/ Key Points

- What do you think motivates Sister Madonna Buder?
- What motivates you to try new things?
- Are there things you have always wanted to do but haven't? What holds you back?
- If you were required to complete something you always wanted to do, how would you accomplish it?
- How would accomplishing this goal provide meaning for your life?
- What is the difference between a dream and a goal?

### Let's Try This!

Brainstorm a list of things your team can do that helps find meaning at work. Something new, break the routine.

### Follow-up

After three months get back together and discuss your experience and what you found fulfilling about the experience.

Nike Ad for Iron Nun - <https://www.youtube.com/watch?v=SEf7MoQYgzE>

Background of Iron Nun - <https://www.youtube.com/watch?v=QpjA1L1gSFA>