



REVERSE BUCKET LIST

The traditional bucket list is all about adding to your life. The reverse bucket list is about taking things away. Your satisfaction in life is what you have divided by what you want. When you keep adding to your bucket list, you allow your wants to run rampant. What you need to increase satisfaction is to reduce your wants. That is the goal of this exercise. Download a copy to edit it on your computer by clicking on File -> Download.

STEP 1: Take a few minutes to write out what might be considered your personal bucket list. This should be a list of your goals and aspirations. Organize the items into two categories. A: money, power, pleasure, prestige. B: faith or life philosophy, family, friends, and service.

Category A: Money, Power, Pleasure, Prestige

Category B: Faith, Family, Friends, Service

STEP 2: Challenge yourself to eliminate three things from the A category. In their place, write down three things you already have or have experienced that you are grateful for. Once each year, perhaps on your birthday or at the beginning of the New Year, return to the list and update it. As you refine the list, you will slowly increase the balance of your haves over your wants and work on increasing gratitude in your life.