



Want to make your life's to-do list realistic? Setting goals can get you set to take the plunge. sRUTTERsTock

The benefits of having a bucket list

Life goals. Get focused to maximize opportunity

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For Metro

When the movie came out in 2007, *The Bucket List* featured two older characters played by Jack Nicholson and Morgan Freeman, who were tackling a life wish list before they die.

But look around at some blogs or people talking about creating a bucket list and you'll see people in their 20s writing and working on completing bucket lists. So when exactly should we start tackling life's ultimate to-do list? And why do it at all?

Why make a bucket list?

This ultimate dream to-do list is quite simply a list of ambitions that will help guide our lives. "These lists help us set goals

and goals give us direction in life," said Kasandra Monid, a wellness coach based in Toronto. "Those goals can help provide clarity and focus and determine what we want out of life. They help us identify what's important and what's not."

Sooner or later?

Reality tells us that as we get older, our health can falter and we don't have the same energy or physical ability to put into

things anymore. "And often things we have on our bucket lists are crazy things like jumping out of an airplane or visiting a different part of the world that we haven't yet visited," said Catherine Thorburn, a Toronto-based life coach. "And those kinds of things obviously require physical abilities, which as we get older becomes more limiting. So that's one of the reasons we should do it sooner rather than later."

The other reason is that we're not guaranteed a tomorrow. "We only get one shot at this life and we never know how long we're going to be able to do the things that mean the most to us," said Lesley Carter, editor of the online magazine *Bucket List Publications*.

Making positive changes

These goals can often lead to making positive changes in our lives. "When we dream

about the possibilities, we discover what is important to us and eliminate the things that don't have as much value," said Carter.

"In order to travel the world, which was one of the things on the top of my bucket list, I had to save money and adjust my lifestyle and I found out that I preferred buying experiences and growing in knowledge and experience rather than possessions."