



THE BUCKETLISTOLOGY

OVERVIEW

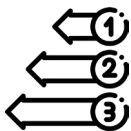
The Bucket List Coach® approach;

- Taking Action
- Positive Psychology
- NLP
- Motivation
- SMART Goals
- Gratitude
- Focus
- Social Dynamics
- Happiness
- Holistic
- Global

It is everyone's wish that before their time runs out, they have accomplished a majority of, or all, of what they dream of (Grossman & Bly, 2008). As such, the creation of bucket lists and plans for individuals to accomplish within their lifetime signifies that everything is achievable, regardless of its propensity to fail. Almost every individual has a variety of individual activities, goals, and dreams that they wish to achieve which may or may not be included in their bucket list. A key difference, however, is observed in the rate these goals, plans, and tasks are fulfilled and the fulfilment enjoyed by individuals across different groups who make use of varying planning techniques. In most cases, individuals around the world have been able to create bucket lists and ended up not fulfilling the goals labeled in these lists owing to a variety of problems.



Primarily, Bucketlistology is structured to ensure that individuals hailing from various parts of Australia, as well as all over the world, are able to ultimately accomplish all tasks written down in their bucket lists and transform these goals from a mere 'to-do-list' to a concrete plan of action.



As such, Bucketlistology enables these individuals to prioritize their fulfilment in life by coaching them through the creation of a water-tight bucket list and enabling them to live a regret-free life rather than a regretful life (TEDx Talks, 2016). As the founder of the global Bucket List Coach® tribe, Travis Bell, states in his TEDxTalk 2016: "Life is too short not to live your Bucket List." The basic idea of Bucketlistology is therefore to get individuals to take time out their busy life to work on their life and separate their bucket lists from their to-do lists. Its death-centred approach serves as a reminder to no longer sleepwalk through life and postpone their dreams and goals to 'some day maybe' but instead encourages them to take action on the spot. It further aims at turning intangible dreams into tangible goals that can be achieved through a right mindset and motivation.

This white paper, therefore, details an approach to setting and following up on bucket lists and explores the essence of effective coaching in accomplishing these goals.



Development and nurturing goals and a solid action plan are key ingredients to success. In the creation of a bucket list, these factors are similarly instrumental in shaping a path where an individual should follow so as to fulfil his or her aspirations. Bucketlistology is focused on enabling individuals to create such a path for themselves through employing a combination of principles and concepts.

First, positive psychology has been an instrumental part of the foundation's technique of enabling individuals to identify the key issues that they need to achieve at the present.

Positive psychology investigates what it is that makes people excel, with the ultimate goal of applying that knowledge (Achor, 2011). It further shows that when we feel good and have a positive mindset, we are smarter, feel more motivated and enjoy more success. It is believed that success revolves around happiness, not the other way around. Successful people are successful because of their specific interpretation of reality. They see challenges and recognise opportunities which ultimately creates an upward spiral of positive experiences in their lives. Our Bucketlistology is therefore primarily focused on enabling people to identify and focus on issues, events, experiences, and feelings that make life worth living and give them a sense of fulfilment (Carlson & Jansson).



Here, it is crucial that bucket list events are created from positive experiences that inspire joy or happiness, positive states and traits such as compassion and gratitude, or positive institutions that are centred on helpful principles. In most cases, a majority of these experiences are new and, as such, they require high positivity from their adopters. Bucketlistology, as such, is proactive in guiding individuals in selecting such experiences for their bucket lists taking in mind that with the right attitude, the human mind is capable of satisfactorily learning and growing. By becoming 'comfy out of their comfort zone' and overcoming initial fears and limited beliefs participants experience personal growth and discover their fullest potential.



In certain instances, individuals may express a desire for a certain experience or activity and experience disappointment once they undergo this experience owing to miscommunication. Bucketlistology has applied Neuro-linguistic Programming (NLP) to enable individuals to achieve what they really desire in their bucket lists. NLP is a psychological approach to behavioral and neural functioning that focuses on language processing. During bucket list coaching, NLP is used to ensure that individuals are able to change their ways of thinking so as to communicate what they really desire and resultantly achieve their desired outcomes. Consequently, individuals are able to avoid scenarios where items or events in a bucket list are not structured towards fulfilling their doers' desires or come from an external rather than an intrinsic motivation.



"I wish I'd had the courage to live a life true to myself, not the life others expected of me." Is in fact the number one biggest regret from dying people (Ware, 2012). To guarantee that all bucket list goals are based on an intrinsic motivation, Bucketlistology applies the flipped classroom method. Meaning that before individuals identify their 'what' and 'how' for their reverse and future bucket list goals, they are firstly encouraged to figure out their personal 'why' for every goal (Sinnek, 2009). This method helps them to discover a pattern in their series of 'whys' along the 12-steps M.Y.B.U.C.K.E.T.L.I.S.T. blueprint. Ultimately this pattern helps each individual to find out what thrives them from inside and what is their personal 'ikigai' (Japanese expression for 'the reason you wake up in the morning') (Sone, Nakaya, Ohmori et al. 2008).



How do you eat an elephant? One bite at a time (Brown, 1996). Goal setting, as such, is an instrumental aspect in fulfilling one's bucket list. The reason why 92% of our NY resolutions fail is simply: Too little commitment for too intangible goals (Stones, 2016). The majority of individuals see the summit but they don't see is the hike and then give up (Sinnek, 2009). Bucketlistology therefore takes these intangible goals and breaks them down into tangible goals, like little success benchmarks that give individuals a sense of achievement and keep their motivation ongoing. These tangible bites are further based on traditional goal setting, a technique majorly used at Bucketlistology, that involves guiding individuals





in setting SMART goals – goals that are specific to a certain task, measurable and quantifiable, achievable, realistic and sound, and timely (Lawlor, 2012). As aforementioned, goal setting is a crucial requirement for success. In a Yale 1958 class study questioning students about their goals, 3% of the class had sound and concrete goals in life whereas the rest of the class did not have clearly written down goals. A follow-up study of the same class established that after ten years, 3% of the class that had clearly written down goals earned 10 times the income of 97% of the class combined.



A bucket list's purpose is mainly to inspire individuals to perform better and live their lives in a more meaningful, purposeful and fulfilled manner. However, bucket lists also function to inspire gratitude among people (Duncan, 2016). In a world driven by the need for happiness and success, people have a few times to appreciate the immense activities, feelings, experiences, and events that are available for them to try out. Similarly, bucket lists enable people to appreciate triumphs in life as they not only outline available experiences but also detail past hurdles that have already been crossed. Fundamentally, the use of reverse bucket lists has been adopted by Bucketlistology to enable people to list all past accomplishments and create gratitude upon the completion of these experiences. Research has shown that five-minute gratitude can increase overall wellbeing for over 10 years, which calls for more of such experiences (Amin, 2012). Additionally, such gratitude is responsible for overall positivity and relaxation in the carrying out of an individual's tasks.



The Yale 1958 class study mentioned above confirms the essence of writing down goals and investing in them. In addition, research has shown that people with written goals are 42% more likely to succeed as compared to those without (Duncan, 2016). This has to do with the way the human brain works. When we merely think about one of our goals or dreams, we are only using the right side of our brain which is your imaginative center. However, if we think about something we desire and then write it down, we also activate the left side of your brain which is the logic-based center. This way we connect both hemispheres and signal our consciousness and every cell of your body: I want this and I mean it!



Bucket lists therefore act as written goals that sub-consciously urge individuals to work towards their goals and dreams. In essence, a bucket list is a manifestation of what you want in life and acts as a guide in doing so. A bucket list similarly enables people to tune their reticular activating systems to focus on experiences and things that they want in life and divert their attention from the millions of unhelpful information. In fact the human brain is exposed to an average of 34GB of information every single day. As this would be a mission impossible to accomplish for our brain alone, our reticular activating system supports this process by filtering the world to the parameters we give it. It helps us to see what we need to see. Meaning if we program our brain on a specific bucket list goal, we activate the filter system on to bumping into the people we need to meet and seizing the opportunities we need to seize. It is in this way that Bucketlistology enables individuals to focus on writing down concrete bucket lists and input the requisite attention to achieving them by taking the Law of Attraction to the next level.



Another reason why Bucketlistology works is the inclusion of social dynamics through our group coaching session. In fact research shows that we are likely to raise our aforementioned 42% increased likelihood to reach a goal up to 64.1% (Matthews, 2007) by sharing our goals with others. This is because positivity is contagious (Cloud & Townsed, 2017). As research from weight loss groups and former drug addicts show, we are more likely to succeed when part of a community. This is due to four key reasons: The competition within the group helps our performance, we can learn from other group members, we are held accountable to the community and we can mutually support and motivate each other. A positive side effect of this contagious positivity is that it creates a ripple effect even for people outside

the coaching group. When coached individuals act generally happier in their corporate, social and romantic relationships, the happier everyone around them will be.



Bucket lists are similarly centred on creating happiness and fulfilment for people who achieve what they set (Shine, 2017). In essence, human happiness is determined by our own actions considering the fact that only 10% of our overall happiness is determined by our external conditions (e.g. health, income, cultural background and demographics). Fifty percent are based on our genetic make-up and further defined as our natural 'happiness fix point' (Lyubomirsky & Sheldon, 2005). This is the fix point we come back to after positive (e.g. winning the lottery) or negative (e.g. loss of a loved one) swings. In turn that means that 40% of our happiness is purely depended on our mental mindset (Lyubomirsky & Sheldon, 2005). The Bucketlistology's combination of positive psychology through reverse gratitude and future goal-setting therefore serves as an extremely supportive tool to boost every individual's mental mindset up to its fullest potential.



As such, creating the right plans, setting and achieving the right intrinsically motivated goals, and living a proper life are key determinants towards happiness (Duncan, 2016). Having the right experiences through a clear and defined bucket list accounts for a significant proportion of individual happiness, which ultimately results in fulfilment, meaningfulness and a sense of purpose (Chu, Grün & Holland, 2018). Hereby it is to separate clearly between short-term joy and long-term fulfilling happiness. Individuals often think they have everything they need to be happy - and yet still feel unhappy. Psychologists Philip Brickman and Dan Campbell (1971) call this the hedonic treadmill. The 12-steps M.Y.B.U.C.K.E.T.L.I.S.T. blueprint is therefore based on a holistic approach towards life. Fundamentally, Bucketlistology guides individuals through the process of selecting and identifying a broad range of activities that will bring fulfilment to individuals over a long time upon the completion of these experiences.



In achieving these holistic bucket list goals, vision boards have proven to be instrumental tools that enable people to acquire a solid outlook on what they really want to achieve. Vision boards have majorly consisted of pictures, visual representations, or samples of what an individual wishes to achieve coupled with an illustration or writing of the same. Vision boards similarly map out the path towards achieving clearly labelled out bucket list goals. As such, vision boards enable people to check on the daily, weekly, or monthly progress the individual has made in trying to achieve his/her bucket list goals. Proper planning and specification are paramount in the development of vision boards as it entails the key plan requisite in achieving bucket list goals. Bucketlistology is especially proactive in enabling individuals to develop sound vision boards as a daily reminder of their 'why' and establish elaborate plans in achieving bucket list goals that eliminate the possibility of failure in achieving these goals.



Living in a diverse and dynamic world presents a variety of situations and new experiences for all individuals. Paying attention to a minute or common experiences and activities presents a wide-ranging assortment of activities where individuals can engage in. Travelling in one's local town may present an experience that might be included in one's bucket list for future participation (Thurnell-Read, 2017). As such, Bucketlistology has been key in enabling individuals to pay closer attention to such details through the development of local groups and mentoring that facilitates the discovery of such experiences. Through coaching, individuals are able to discover new activities or functions that they can attend to within their reach and cross off their bucket lists (Lamker, 2019). As such, the foundation enables individuals to step out of their daily routines and actively participate in seeking out new goals and experiences by detailing elaborate plans through which these individuals can achieve these goals.



Indeed, small changes can trigger enormous ones. Similarly, each one of us is like the butterfly: just one person using the Bucketlistology can positively change the dynamics of a complete group, and even the world. Bucketlistology, as such, presents a dynamic approach towards achieving one's bucket list goals while there is still time to do so. By combining various techniques, approaches, and methods of goal planning, the foundation has enabled individuals to chase after what they truly desire. Primarily, Bucketlistology eliminates the uncertainty surrounding individual desires, informs proper decision making in matters regarding bucket list plans and goals, and promotes the success of bucket list plans through proactive coaching. Bucketlistology, thus, presents a sure-fire coaching program in matters pertaining to the development of bucket list goals and achieving them.

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