

**One way to prime your retirement planning pump is to create a written bucket list.**

Many people think about creating a bucket list in the negative sense—what do I want to do before I die? OK, that works. But a bucket list can also be thought about positively—what are those things I look forward to anticipating, planning for, doing, and reminiscing about?

These activities can be large or small—regardless, they have the effect of helping us lean forward into life, helping us to flourish, rather than sitting back in our comfort zone and not experiencing life to the fullest.

Take a moment to write your bucket list. Just write it down as a wish list versus thinking about all of the reasons you might not be able to do the item. Writing the items down increase the odds that you will plan for and do them. If you get stuck on creating your list, ask others what's on their list to prompt your own thinking.

Examples of larger things:

- ❖ Write a book
- ❖ Visit Arches National Park
- ❖ Teach a class at the local community college
- ❖ Tour the 9/11 Memorial and Museum
- ❖ Create your family tree
- ❖ Visit the Baseball Hall of Fame in Cooperstown
- ❖ Learn how to edit your own videos
- ❖ Skydive

Examples of smaller things:

- ❖ Eat at the new restaurant around the corner
- ❖ Take calligraphy lessons
- ❖ Bake a cake
- ❖ Hike around your local lake
- ❖ See the temporary exhibit at your local Art Museum
- ❖ See a live performance of “Porgy and Bess”
- ❖ Go on the fund-raising walk for your favorite charity
- ❖ Create a crossword puzzle for your seven-year old granddaughter

When you've checked off some items (and it feels great to do that), list some more.