

MSOF QUICK-GUIDE BUILDING A BUCKET-LIST

MAKING THE MOST OF YOUR TIME

A MEANINGFUL BUCKET-LIST

Bucket-lists serve as inspiration that help us explore and experience new opportunities. Creating a bucket-list provides ideas and opportunities that help you stay engaged and motivated. It can help you connect with yourself, your family, and key friends. Bucket-lists spur creativity and energy and provide opportunity for making memories that last and may carry you through more challenging times.

CREATE A BUCKET-LIST

Your list or your family list may revolve around a new duty station, a theme, a season, a year, or possibly even your own personal goals or needs. One bucket may be a list of travel adventures, experiences or opportunities, while in another phase of life it may be experiences that help nourish personal or family needs such as connection, creativity, quality time, etc. Bucket-list items can be local experiences and opportunities or they may be far-off places or events you want to travel to. Your list should be associated with some sort of timeframe. Otherwise, your bucket may simply become a list of wants or dreams, and remain a stagnant list of items that are “nice to-do’s.” The powerful idea behind a bucket-list is that it is a list of ideas you intend to chase and experience.

Tips on building your list:

- Design your list around a theme. (time-frame, goal, region, upcoming opportunity)
- List each item and write or know why it made the list.
- Consider how to make each item happen. Know when an event will happen or identify a timeframe you should have the resources and flexibility to accomplish it.

You should be driven to make each item happen, but not feel bad if life or resources cause you to occasionally edit your journey or your bucket. A bucket-list is not the same as a goal list or a to-do list. While it might be filled with accomplishments, it is not a list that defines who you are as a person. It is a list of ideas that help you thrive and live your best life by nourishing your spirit, imagination, creativity, and what you believe is possible.

If you are struggling to create your Bucket, this site is a great resource to start brainstorming:
<https://bucketlist.org>

BRING YOUR BUCKET-LIST TO LIFE

Put your list where you will see it often. Display it on a calendar or chalkboard you use as a family. Talk about why the items are exciting and important to you, and be open to being spontaneous and tackling an item on your list without perfection. What you would like to be a kid-free experience or a week-long get-away may not be possible; but you may be able to plan a weekend blitz or family sneak-peek. Let go of constraints and embrace the reason an item is on your list to begin with.

DOCUMENT MOMENTS

A bucket-list is a list of life dreams. Make sure to celebrate what you achieve and remember how each experience impacted you and your family. Journal, take pictures, create art, make a scrapbook, and display pictures that celebrate the moment.

Consider Taking Note of:

- When and where you completed something on your list.
- Best part of experience.
- Lesson learned or takeaway.

You may not feel the need to document every item or experience on your list, but many will be worth remembering. They will inspire and rejuvenate you with energy and awe for years to come. They may create lasting family memories that come up in conversation or over dinner time for years.

Visit www.msofc.org for more resources designed for the Special Operations community.

The Military Special Operations Family Collaborative is a 501(c)3 organization founded in 2018 to enable all Special Operations families to live well. To learn more about the work of MSOF, please subscribe to our newsletter, visit our website, or find us on social media.

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