

Creating your “Bucket list” of things to do, but also include things I have done

By Gary Calligas

A few days ago, I was having my hair cut by my professional hairstylist, Sam, who I have seen regularly for the past 36 years. He and I love talking about all sorts of topics, but this time, we talked about our bucket list of things to accomplish before we die. After we traded a litany of things we want to accomplish, I remarked, that it is probably as important to make a list of already accomplished “bucket list” items. He definitely agreed. So, I started telling him a few of my accomplished items. He was amazed and suggested that I should share these with family and friends. He knew that I do often promote to persons that it is important to record their family stories before it is too late. But I never thought until this moment, maybe those small things that we accomplish might be of interest to my current and future family members.

We know that the term “bucket list” was made popular by the 2007 movie “**Bucket List**”, starring Morgan Freeman and Jack Nicholson, and thus, many senior citizens and boomers are now making their individual “bucket list” of things to do or accomplish before they die. Their personal “Bucket list” is a sort of final goals and objectives, but also a way for them to celebrate age and maturity. Now, however, I advocate that one should consider writing a two part “bucket list”, namely a list of “Those things that I have accomplished” and another list of “Those things that I hope and wish to accomplish”. This bucket list would be dynamic as once you completed one of your “to do” goals, you just move it to the accomplished section of your bucket list. This two part bucket list will allow your family and friends to remember both of what we actually accomplished and those things that we wanted to accomplish, but just did not have the time, health, or money to achieve.

In one of our past issues of *The Best of Times* magazine, we reported on the submissions by many readers of their bucket list of items to accomplish before they die. We received some very interesting items including: overcoming the fear of spiders, designing my own perfume, having a home in Galilee, riding in a hot air balloon, attending the Master’s Golf tournament, skydiving, going to view the Great Wall of China, going on a mission trip to Africa, writing a book, visiting each of the 50 states, attending baseball games in all 30 Major League baseball parks, visiting the opera house in Paris, going on a Hawaiian cruise, making a hole in one on a golf course, having dinner with Tom Selleck, and dancing in a Broadway musical. I hope that many of these persons have accomplished some of their bucket list of items and moved them to the accomplished category.

Some items still on my bucket list include: driving a race car around motor speedway, trying a fish pedicure, eating Belgian waffles in Belgium, visiting the Pyramids in Egypt, visiting Jerusalem, learning how to play the guitar, visiting the Great Wall of China, riding a dune buggy in the desert, getting to name a star, placing a message in a bottle and tossing it in the ocean, visiting New York City at Christmas time, and most important - taking all of my grandkids to Disney World and Universal Studios theme parks in Orlando.

Recently, I accomplished one of my bucket items, so I have moved “the witnessing of a live launch of a rocket from Cape Canaveral” to my bucket list accomplished section. In addition, I have just started writing down the many things that I have accomplished, experienced, witnessed or performed over my past 65 years, which included meeting some noted politicians and celebrities, appearing as a extra in several movies, being interviewed and featured in an article in a Tokyo based national *Nikkei Medical News* regarding the Medicare program, writing my first book at the age of 10, visiting and taking a tour of the White House at the age of 18, visiting and taking a tour of the Twin Towers in NYC, taking my first airplane ride at the age of 17, attending a live Gianni concert, seeing Phantom of the Opera musical play in London, and many more.

Not surprisingly since 2007, there have been lots of articles and how-to-books on making your “bucket list”. Here are some points to consider in starting your “bucket list” or enhancing one already started:

- What have you always wanted to do but have not done yet?
- What countries, places or locations you want to visit?
- What persons or persons you want to see or visit with?
- Are there any special events you want to attend or witness?
- What activities or skills do you want to learn or try out?

So, if you have not started a bucket list, you might consider doing one soon, or enhancing it. (Visit this website for suggestions at www.bucketlist.org) A bucket list just might help you be more happy and fulfilled especially when you check off the items on your bucket list and move them to the accomplished category. As Carter Chambers (Morgan Freeman’s character in the 2007 “Bucket List” movie), stated “maybe it’s more about leaving this world with a heart that’s been opened as fully as possible by having once-in-a-lifetime experiences, making memories with loved ones, and seeing the wondrous sights from around the world.

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