

## How to create the ultimate bucket list

What do you wish you could tick off your bucket list? Meet Sebastian Terry, the man who's living his dream life – and motivating others to do the same.

If you knew you only had a short period of time to live, what would you do differently? That was the question that Sebastian Terry, author of *100 Things: What's On Your List?*, asked himself following the death of a close friend at a young age.

"After considering my friend's life, I realised I probably wasn't living my own to the fullest," Sebastian said. "I wrote down a list of things that would make me smile more. I created a blueprint to happiness, and I dropped everything in my life to pursue it."

From marrying a stranger in Las Vegas to living with a tribe in Kenya, Sebastian has already completed more than 70 things on his bucket list.

Here are his top three tips so you can do the same.

### **Tip 1. Set achievable goals**

According to Sebastian, your journey to a more enjoyable life starts with an important first step: creating a list.

He said, "The first thing that anyone has to do is give themselves permission to sit down and consider their goals, values and beliefs. A meaningful list will derive straight from those values."

And Sebastian doesn't accept excuses from people who say there are external factors preventing them from setting goals for themselves.

"At the end of the day, we're accountable for what we do in our lives," he said. "You don't have to have 100 goals, but make sure you have at least one."

### **Tip 2. Don't be afraid to dream**

Sebastian encourages others to dream big when they set their goals – which means thinking outside of the box.

"I think we're all dreamers, but we're not given permission to dream by society," he said. "We're conditioned to living in a certain way and doing the things that people around us do."

But when you step out of your comfort zone, you can discover a whole new world of possibilities and realise you're capable of much more than you think.

"You're testing yourself in a new way," Sebastian said, "You get to learn about yourself a little bit more and grow as a person."



### **Tip 3. Make plans – and stick to them**

While some of your dreams may be things that can only happen spontaneously, most will take considerable amounts of planning.

Sebastian commented, "One of my goals was to compete in an Ironman competition. It took a lot of preparation: I had to buy the right gear and train for nine months."

That's why it's essential to create a plan and then break it down into smaller steps so you can reach it. And, to help you stick to your plan, Sebastian recommends taking inspiration from those who've already achieved similar goals.

"We didn't know we could fly to the moon, but now we know," he said. "Look around at what other people are doing – because then you get to see what's possible."

### **Planning for the best**

When it comes to funding your dream life, a strong financial plan is a vital tool for helping you achieve your bucket list items. Your financial adviser can help you set goals and put plans in place to reach them.

So, what's on your bucket list?

## Speak to us for more information

If you would like to know more, talk to your Count financial adviser. They can give you more detailed information on the best approach for your situation.

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