

YOUR TURN

Review the list above and decide on one thing under each heading that you could implement yet this week or in the coming month to help you live your life more fully. Make a conscious choice to move in that direction and share it with others who can help you make some of these things happen!

Try new things:

Explore:

Find adventure:

Have fun:

Read, read, read:

Find balance:

DIG DEEPER

READ

- ***The Third Door: The Wild Quest to Uncover How the World's Most Successful People Launched Their Careers*** by Alex Banayan
- ***Leading with Cultural Intelligence: The New Secret to Success*** by David Livermore
- ***Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.*** by Brené Brown
- ***Quiet: The Power of Introverts in a World that Can't Stop Talking*** by Susan Cain
- ***Discovering Your Authentic Core Values: A Step-by-step Guide*** by Marc Alan Schelske
- ***How Will You Measure Your Life?*** by Clayton M. Christensen
- **"What we lost when we stopped reading"** editorial by George Will

LISTEN

- ***Happier*** with Gretchen Rubin
- ***Ten Percent Happier*** with Dan Harris by ABC News
- ***The Balance Podcast*** by BALANCE

WATCH

- ***The Bucket List*** with Jack Nicholson and Morgan Freeman
- ***Wild***. Cheryl Strayed (Reese Witherspoon) makes a decision to halt her downward spiral and put her life back together by hiking the Pacific Crest Trail.
- ***My year of saying yes to everything*** | Shonda Rhimes – TED Talk
- ***What makes a good life? Lessons from the longest study on happiness*** | Robert Waldinger – TED Talk

ACTION STEPS

Create your own “bucket list” below. What do you want to do, see, visit, read or experience in the next few years and over the course of your life? (Remember, writing these things down dramatically increases the chance they will happen.)

Short-term items:

Long-term items:

Determine what kind of person you want to be? What do you want to stand for? When your life is complete, how do you want to be remembered by others? What do you want them to say about you? After thinking through this, create and list your personal core values that you want to live by throughout your life. Doing this creates guideposts to help you manage the inevitable challenges that will come your way.

Personal core values: