



tandem.

tandem financial / planning your adventure

Your bucket list

What is a bucket list?

A bucket list is, by definition, a list of experiences or achievements that a person hopes to have or accomplish during their lifetime.

It's not about things to do before you die, it's about ensuring you are doing or planning for the things that you want to do right now!

Everyone has a bucket list, even if it is just milling about in your head. And it is unique to each and every one of us.

So, what's on yours?





Why create a bucket list?

A bucket list is important for one thing and one thing only. Want to know what it is?

It is happiness!

When we cross things off our bucket list the immediate emotion that results is happiness. Achieving a goal makes us all happy. Merely ticking it off our list gives us a great sense of satisfaction. It puts a smile on our face, especially if it's a real accomplishment.

"Happiness lies in the joy of achievement and the thrill of creative effort." - Franklin D Roosevelt

Even if you frequently live by goals or to-do lists, they are probably framed within a certain social context e.g. your performance, career, health. A bucket list opens up the context. It's a forum to write down anything and everything you've ever wanted to do, whether it's big, small or random. It's just like pinpointing all the highlights you want for your whole life.



ADVENTURE

is out there



Create your bucket list

If you don't have a bucket list, why not start one today? It won't cost a penny to produce – only your time.

"The best way to pay for a lovely moment is to enjoy it"
- Richard Bach

How long will it take? Only about 30-60 minutes (more if you get really caught up in it). What do you stand to gain? Significant clarity and focus on what you want from your life. It's an invaluable exchange.

If you already have your list, take this opportunity to review it. See if there are new items you want to add on. If so, put them on your list. Check if all the items listed are still relevant or important to you. If not, remove them.

Now, take out your pen and paper or open up a text document. Start writing down what comes to mind as you read the following questions.

Questions

1. What would you do if you had unlimited time, money and resources?
2. What activities or skills would you like to learn or try out?
3. Are there any special moments you want to witness?
4. Are there any countries, places or locations you really want to visit?
5. What experiences do you want to have or do you want to feel?
6. Where do you wish you could be right now?
7. What are your biggest goals and dreams?
8. What have you always wanted to do but have not done yet?
9. Are there any specific people you would love to meet in person?
10. What would you love to do together with friends or family?
11. What would you like to have achieved when you look back over your life?



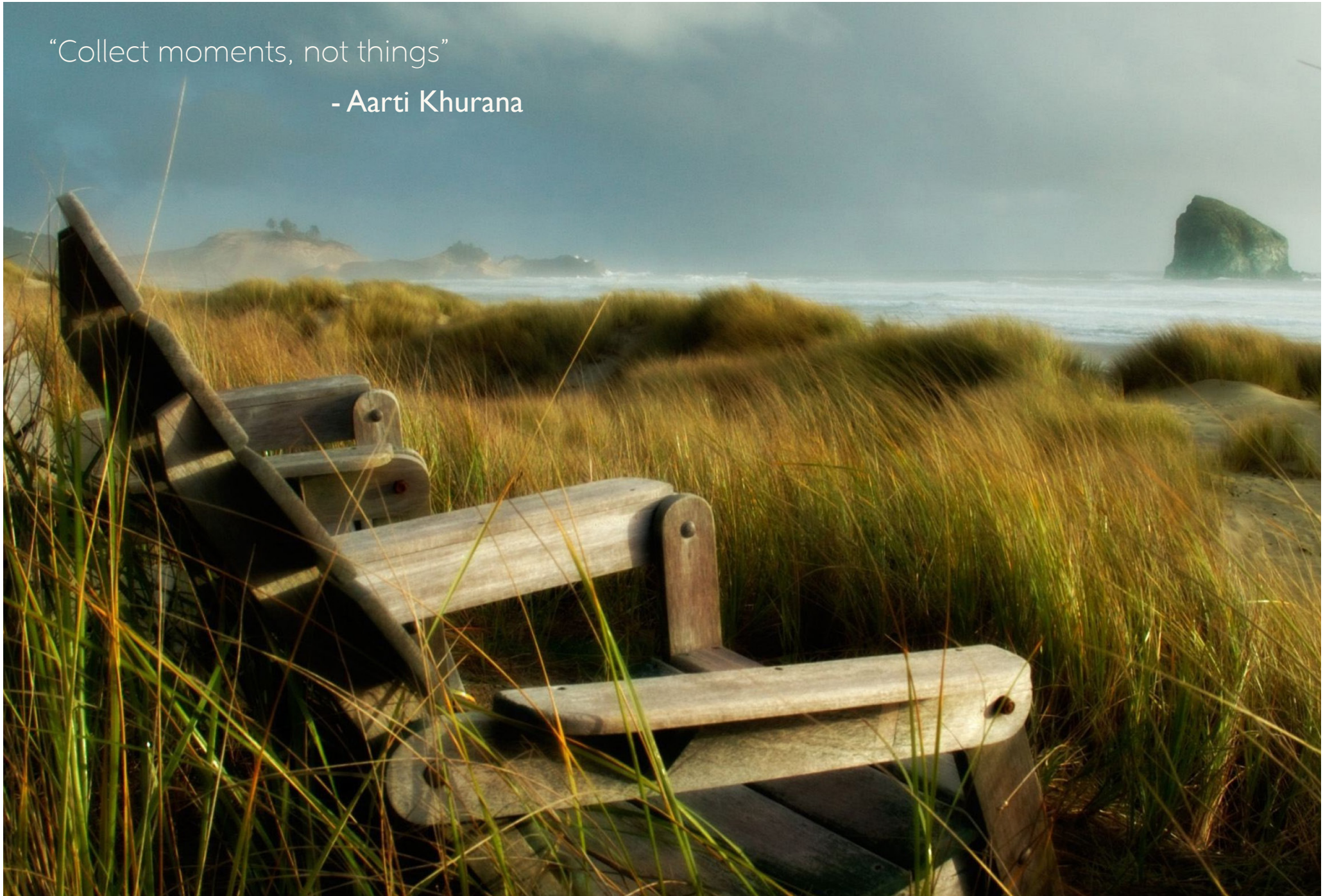


Come up with as many items as you can. The items should be things you have not done yet. Don't stop until you finish listing at least 101 things!

If you find yourself stuck, chances are you are mentally limiting yourself. Release those shackles. Your bucket list is meant to be a list of everything you want to achieve, do, see, feel and experience in your life. Check out the next section for added inspiration.

“Collect moments, not things”

- Aarti Khurana



The Great British Bucket List

- ☐ Eat fish and chips on a seaside pier
- ☐ See whales off the coast of Wales
- ☐ Go to a night at the Proms at the Albert Hall
- ☐ Visit Giant's Causeway
- ☐ Have a picnic at an open air concert
- ☐ Travel in the London Eye
- ☐ Tour Scotland's west coast by rail
- ☐ Watch a Shakespeare play in Stratford-upon-Avon
- ☐ See inside the Houses of Parliament
- ☐ Ride the Ffestiniog Railway in Snowdonia



- ☐ Take in the view from the top of the Shard
- ☐ Be at Stonehenge on the longest day of the year
- ☐ See 'Trooping the Colour' at Horse Guards Parade
- ☐ Go to a test match cricket game
- ☐ Visit 'The Prisoner' village in Portmeirion, Wales
- ☐ Have tea at Bettys Café Tea Rooms in Harrogate
- ☐ Watch a tennis match at Wimbledon
- ☐ Do a 'Wainwright' walk in the Lake District
- ☐ Visit a whisky distillery
- ☐ Go to a Six Nations rugby match
- ☐ Go on a 'Jack the Ripper' walk in London's East End
- ☐ Go to the British Grand Prix

- ☐ Have a pint in the Rovers Return
- ☐ Experience the Notting Hill carnival
- ☐ Try a deep fried mars bar
- ☐ See the fireball ceremony at Stonehaven, Scotland, on NYE
- ☐ Sail round the Isle of Wight
- ☐ Attend the Grand National, Guineas and Gold Cup horse races
- ☐ Take a selfie at both John o'Groats and Land's End
- ☐ Take a ferry across the Mersey
- ☐ Climb Ben Nevis
- ☐ See Tower Bridge raised
- ☐ Visit Borough Market in London
- ☐ Eat haggis on Burns Night in Scotland
- ☐ See Morris dancers at a country pub
- ☐ Walk the zebra crossing at Abbey Road in London



- ☐ See the Christmas lights on Oxford Street
- ☐ Be at a recording of your favourite TV programme
- ☐ See the Blackpool Illuminations
- ☐ Join the National Trust
- ☐ Watch the Oxford vs Cambridge boat race
- ☐ Watch the London marathon live
- ☐ Drink a pint of guinness in Dublin
- ☐ Visit the rolling hills of the Cotswolds
- ☐ Marvel at mysterious Stonehenge
- ☐ Journey along Pembrokeshire's dramatic coast
- ☐ Discover the Channel Islands
- ☐ Bag a munro in Scotland
- ☐ See Lake Windermere by boat
- ☐ Hold the FA Cup trophy in your hands



“By replacing fear of the unknown with curiosity, we open ourselves up to an infinite stream of possibility”

- Alan Watts



Travel further afield

- ☐ See the Northern Lights (Aurora Borealis)
- ☐ See the Grand Canyon in Arizona
- ☐ See the Great Barrier Reef
- ☐ Walk the Great Wall of China
- ☐ See Ayer's Rock in Australia
- ☐ Visit the Seven New Wonders of the World
- ☐ See in New Years Eve at Times Square in New York
- ☐ Travel around France by bicycle
- ☐ See the Amazon Rainforest
- ☐ Drink rosé wine in Provence
- ☐ Make a wish at the Trevi Fountain



- ☐ Watch a Broadway play in New York
- ☐ Trek the Inca Trail to Machu Picchu in Peru
- ☐ See the Mona Lisa at the Louvre
- ☐ Travel on the Orient Express
- ☐ Visit Yellowstone National Park
- ☐ See the Great Sphinx of Giza
- ☐ People watch at a café in Paris
- ☐ See the Sistine Chapel
- ☐ Visit New Orleans at mardi gras
- ☐ See an iceberg up close
- ☐ Visit Christ the Redeemer in Brazil
- ☐ Tour the White House in Washington



- ☐ Float in the Dead Sea
- ☐ Celebrate St. Patrick's Day in Ireland
- ☐ See the cherry blossom in Japan
- ☐ See african elephants in the wild
- ☐ Visit a volcano
- ☐ Cross the Equator
- ☐ Book a trip around the world
- ☐ See the Victoria Falls waterfall
- ☐ Dance at the Rio Carnival
- ☐ Ride a cable car in San Francisco
- ☐ Gamble on the slot machines in Las Vegas
- ☐ Visit Holland's tulip festival

- ☐ Mush a sled dog in Finland
- ☐ See Oktoberfest in Munich
- ☐ Cruise the Caribbean
- ☐ See Mount Everest
- ☐ See the Sydney Opera House
- ☐ Go on a jungle trek in North Sumatra
- ☐ Take a safari trip in Kenya
- ☐ Swim with dolphins in Florida
- ☐ Feel the freedom of an American road trip on Route 66
- ☐ Visit an elephant sanctuary in Thailand
- ☐ Race up Pike's Peak in the Rocky Mountains
- ☐ Ride a gondola in Venice
- ☐ Witness the pyramids in Egypt





- ☐ Stay in a hobbit hut in New Zealand
- ☐ Climb the Haiku stairs in Hawaii
- ☐ See the Olympic Games
- ☐ Pray at the Wailing Wall in Jerusalem
- ☐ See two continents in one city in Istanbul
- ☐ Spot polar bears in Norway
- ☐ Witness the famous migration in the Maasai Mara
- ☐ Cycle across San Francisco's Golden Gate Bridge
- ☐ Watch the sunrise over Angkor Wat
- ☐ Hang from Toronto's CN Tower
- ☐ Visit the Taj Mahal in India
- ☐ Have a picnic in Central Park in New York
- ☐ Chase a lightning storm in America's Tornado Valley

- ☐ Ride the Trans-Siberian railway
- ☐ Be amazed by the magnificent dunes of the Namib Desert
- ☐ Take an outdoor bath in Budapest
- ☐ Discover the pristine Cies Islands in Spain
- ☐ Experience the Japan of your imagination in Kyoto
- ☐ Hit the surf in Hawaii
- ☐ Join the Berber migration through Morocco's desert
- ☐ Ride across the Andes to Chile
- ☐ Track mountain gorillas in Uganda and Rwanda
- ☐ Climb Sydney Harbour Bridge
- ☐ Go hiking in the Grand Canyon
- ☐ Ride in a classic car in Havana, Cuba
- ☐ Eat gelato in Italy



“Once you make a decision, the universe conspires to
make it happen”

- Ralph Waldo Emerson





- ☐ Camp out on a deserted island in Mozambique
- ☐ Marvel at the ancient city of Petra
- ☐ See the fairy chimneys of Cappadocia from the sky
- ☐ Check out the views at Chile's Torres del Paine
- ☐ Explore the underwater world of the Maldives
- ☐ Walk under Madagascar's ancient baobab trees
- ☐ Get soaked at Iguazu Falls
- ☐ See breathtaking Vermont during leaf-peeping season
- ☐ Watch wild orangutans in Borneo
- ☐ Spend a magical day in Milford Sound
- ☐ Dance the tango in Buenos Aires
- ☐ Eat at Giraffe Manor in Nairobi
- ☐ Drink vodka in Moscow

- ☐ Interrail around Europe
- ☐ See the sunset in Santorini
- ☐ Climb Mount Kilimanjaro in Tanzania
- ☐ Take a dip in Iceland's Blue Lagoon
- ☐ Be astonished by the decorative design of Spain's Alhambra
- ☐ Eat fresh sushi at Tokyo's Tsukiji fish market
- ☐ Sea kayak with orcas in British Columbia
- ☐ Stand at the top of the Pic du Midi in France
- ☐ Get lost in Venice
- ☐ Visit Plitvice Lakes National Park in Croatia
- ☐ See Gaudi's works in Barcelona
- ☐ Try durian fruit in Singapore

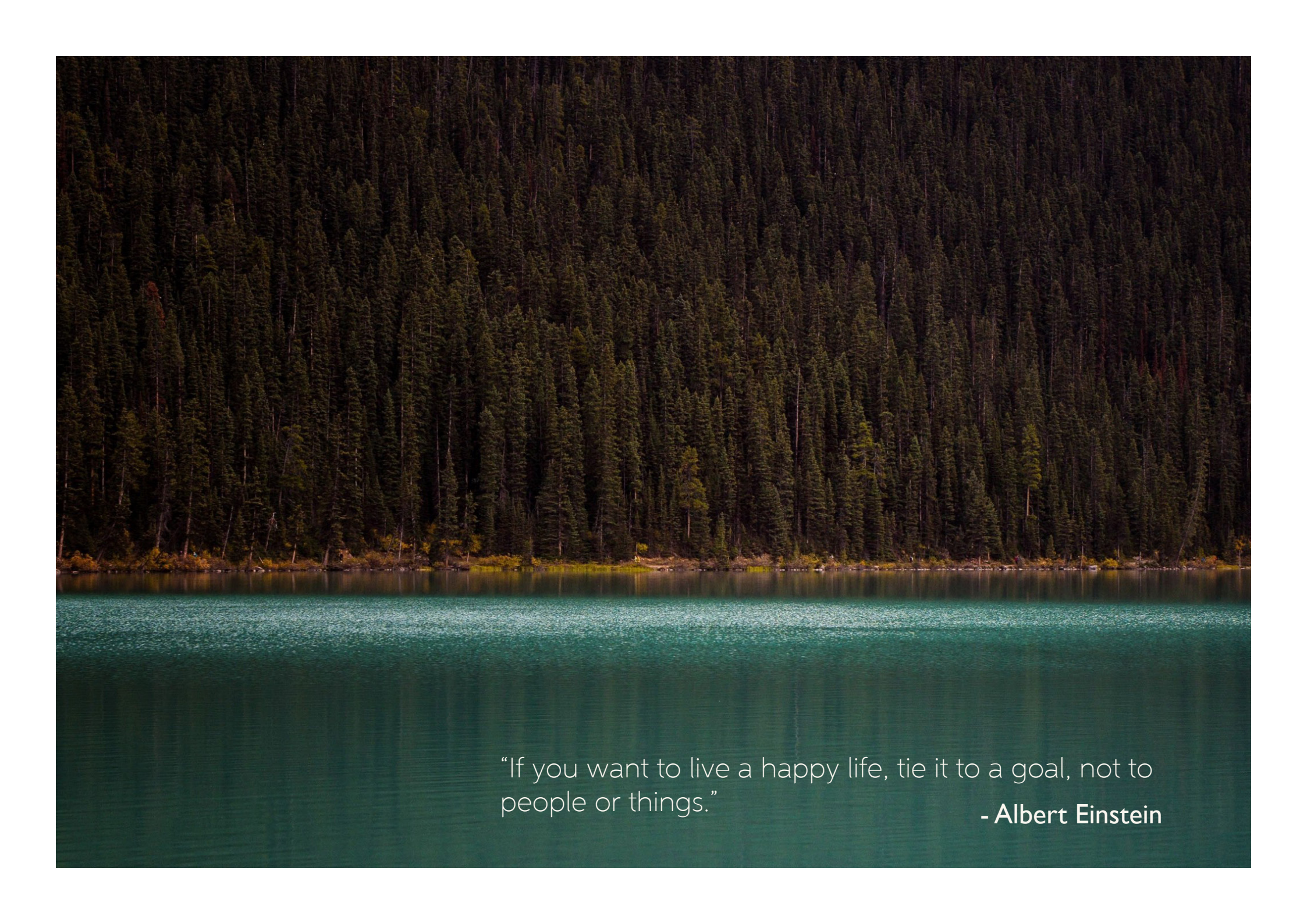


Get Moving

- ☐ Climb a mountain
- ☐ Ride a jet ski
- ☐ Ride a zip line
- ☐ Go rock climbing
- ☐ Go paintballing
- ☐ Go snowboarding
- ☐ Go cage diving with sharks
- ☐ Go paragliding
- ☐ Take part in a triathlon
- ☐ Go horseback riding
- ☐ Go scuba diving and experience marine life up close
- ☐ Go sky diving



- ☐ Go white water rafting
- ☐ Go canoeing or kayaking
- ☐ Do a bungee jump
- ☐ Go skiing
- ☐ Do an extreme sport
- ☐ Learn a martial art
- ☐ Learn reformer pilates
- ☐ Master some yoga poses
- ☐ Complete a marathon
- ☐ Dance barefoot in the rain
- ☐ Run barefoot on a sandy beach
- ☐ Learn to play tennis
- ☐ Cycle a stage of the Tour de France



“If you want to live a happy life, tie it to a goal, not to people or things.”

- **Albert Einstein**

Experience

- ☐ Go to a drive-in movie theatre
- ☐ Eat at one of the world's best restaurants
- ☐ Sleep in a castle
- ☐ Experience weightlessness
- ☐ Learn a strategy game
- ☐ Shower in a waterfall
- ☐ Learn a foreign language
- ☐ Go camping
- ☐ Learn to paint watercolours
- ☐ Sing to an audience
- ☐ Go horseback riding along a beach



- ☐ Ride in a hot air balloon
- ☐ Go on a helicopter ride
- ☐ Sleep under the stars
- ☐ Learn wine appreciation
- ☐ Fly first class
- ☐ See a 'Cirque du Soleil' performance
- ☐ Ride in a limousine
- ☐ Get a tattoo
- ☐ Go on a cruise
- ☐ Ride a roller coaster
- ☐ Go to a music festival
- ☐ Learn how to ballroom dance
- ☐ Do the splits

- ☐ Write a book and publish it
- ☐ Be an extra in a movie
- ☐ Become a millionaire
- ☐ Get a complete makeover
- ☐ Further your education
- ☐ See a rock or pop concert
- ☐ Start your own business
- ☐ Send a message in a bottle
- ☐ Learn sign language
- ☐ Try extreme tubing on a whitewater river
- ☐ Fly in a aerobatic aircraft
- ☐ Write something in wet cement
- ☐ Sleep in a treehouse



- ☐ Fall asleep on grassy plains
- ☐ Try out vegetarianism, veganism or raw veganism
- ☐ Organize a picnic outing
- ☐ Go on a romantic getaway
- ☐ Go to a costume party dressed as your favourite character
- ☐ Witness a solar eclipse
- ☐ Go stargazing
- ☐ Plant a tree and watch it grow
- ☐ Get a pet
- ☐ Trace your family tree
- ☐ Swing from a rope into a lake
- ☐ Go to a floating lantern festival
- ☐ Ride a dune buggy in the desert



Fulfilment

- ☐ Try a profession in a different field
- ☐ Volunteer at a hospice
- ☐ Donate blood
- ☐ Create a loving and happy home
- ☐ Let someone know how much he/she means to you
- ☐ Perform a kind deed without expecting anything in return
- ☐ Maintain your ideal weight
- ☐ Make a difference in someone's life
- ☐ Get married
- ☐ Raise happy and healthy children

- ☐ Be a mentor to someone
- ☐ Conquer your biggest fear
- ☐ Go on a meditation retreat
- ☐ Pursue your passion
- ☐ Befriend a stranger
- ☐ Bury the hatchet with people whom you had conflicts with in the past
- ☐ Get closure on any past unhappiness
- ☐ Do something completely crazy and out of character
- ☐ Be in a conscious, fulfilling relationship
- ☐ Tell at least 10 people about your bucket list and encourage them to join you



perform

make

go

do

see

taste

feel

experience

witness

be

hear

try

create

build

become

attend

watch

discover

spot

get

visit

climb

tell

organise

learn

tandem.

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t: 01582 635909 e: info@tandemfinancial.co.uk
960 Capability Green, Luton, Bedfordshire, LU1 3PE
www.tandemfinancial.co.uk

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