

International Conversation Cafe

Lifestyle Topic: The Bucket List

The Bucket List is a 2008 movie about two terminally ill men who make a list of things they would like to do before they die. In the movie, they go on adventures dictated by their list: skydiving, flying over the North Pole, riding motorcycles on the Great Wall of China, and going on a lion safari in Africa.

The idea of a bucket and death is quite an old connection dating back to the 1600's. Probably the name of the movie comes from a familiar idiom, to "kick the bucket," which means to die. A bucket is another name for a beam on which pigs were raised by their heels in order to slaughter. The pig's spasms look like kicking, hence, kicking the bucket.

<http://www.theguardian.com/notesandqueries/query/0,5753,-2067,00.html>

The idea of a bucket list is quite popular. There is a book, *1,000 Places to See Before You Die* and a website called, bucketlist.org where you can join and see what other people have on their list. One author suggests that a bucket list helps you understand what is truly important to you and helps you set goals. With that in mind, take five minutes to write down one answer for each question. Then, share them with your group. Ask each other questions related to their bucket list. If your time is short, you may want to choose two or three questions to share first before going on to the rest of the questions.

Questions

1. *What if you were to die tomorrow? What would you wish you could do before you die?*
2. *What would you do if you had unlimited time, money and resources?*
3. *What have you always wanted to do but have not done yet?*
4. *Any countries, places or locations you want to visit?*
5. *What are your biggest goals and dreams?*
6. *What do you want to see in person?*
7. *What achievements do you want to have?*

8. *What experiences do you want to have / feel?*
9. *Are there any special moments you want to witness?*
10. *What activities or skills do you want to learn or try out?*
11. *What are the most important things you can ever do?*
12. *What would you like to say/do together with other people? People you love? Family? Friends?*
13. *Are there any specific people you want to meet in person?*
14. *What do you want to achieve in the different areas:*
 - a. *Social*
 - b. *Love*
 - c. *Family*
 - d. *Career*
 - e. *Finance*
 - f. *Health (Your weight, Fitness level)*
 - g. *Spiritual*
15. *In your opinion, what makes life meaningful?*

These questions were found at: <http://personalexcellence.co/blog/bucket-list/>

