



## ALTERNATIVE CHALLENGE: BUCKET LIST

The 'core curriculum' of challenges for The Kin Project focuses on what we can do for our planet and those we share it with. However, the alternative challenges focus on what we can do for ourselves. It's hard to do anything for anyone else if you are burned out. These alternative challenges are here to refuel our tanks.

This particular alternative challenge is about making your bucket list. It's a fun one, even though the reasoning behind it can seem pretty morbid. In a lot of cultures, death is something to be feared and we find we can't talk about it openly. But, death can be a pretty powerful motivator.

### **PART 1: MEMENTO MORI**

'Memento Mori' is a saying we should all know - it basically means "remember that you will die". One day, and none of us know when, we will all kick the proverbial bucket. Yet we all live as though we have so much time at our disposal - "I'll take that trip next year..." What if next year never comes?

This challenge is to find that balance between doing the things you have to do or 'should' do, and doing the things that you really want to do. The memorable things that, if you do them, will allow you to conk out on your deathbed knowing that you lived your life well. This means simply keeping in mind that you will die. If today is your last day on earth, how do you want to live it?



## **PART 2: MAKE THE LIST**

Here's the fun part of the challenge. Start brainstorming all the things that you want to do someday. Go nuts! Imagine you have all the money and time in the world - what would you love to do? Don't put any practical limits on any of your wishes - this is the time for unbridled fantasy. Here are some prompts to get you started:

1. Where do you want to go?
2. Who do you want to meet?
3. Who do you want to be?
4. What do you want to eat?
5. What do you want to do?
6. Where do you want to live?
7. What skills do you want to have?
8. What do you want to be remembered for?
9. What would you like to try?
10. What are you scared to do?

## **PART 3: MAKE IT HAPPEN**

While making your bucket list is fun, ticking items off it is even more fun. Whatever you've written down, it's not impossible. And even if it seems impossible - did you write you want to grow wings? - you never know. Science is pretty amazing.

Start working on the items on your list that seem somewhat achievable. What do you need to do to make these things happen?