

Reverse Bucket List

A regular bucket list helps you dream big and plan adventures and achievements for the future. But while we are busy looking forward, we sometimes forget to pay attention to our achievements, adventures and experiences of the past. Those are the things that have brought us to where we are now.

You have already achieved a LOT in your life. But sometimes you don't give yourself enough credit. Sometimes it feels like everyone else is more successful than you. That's when you can turn to your Reverse Bucket List. If you are feeling low, need inspiration or motivation, or just want to smile while remembering your own awesomeness, keep your Reverse Bucket List handy.

Add achievements, adventures and experiences to it as often as you think of them. The magic happens when you start to notice what you are doing right, and what you've done right in the past, even when it felt like a failure at the time.

So what should you include on your Reverse Bucket List? Anything that helped you become who you are now. Anything that makes you feel good. Anything you like... it's your list! Here are some suggestions to get you started.

Adversity

When you stood up to a bully.

When you didn't know how you were going to pay that bill, but you did.

When you supported a loved one through illness.

Diligence

When you worked hard and got good marks in school.

When you got that promotion or dream job.

When you built your business from nothing, starting just a day a week.

Self-Improvement

When you learned a new language.

When you discovered something about yourself.

When you kicked a bad habit.

Character

When you volunteered for a cause close to your heart.

When you gave up your seat on the train to someone who needed it more than you.

When you did the right thing, even when no one was looking.

Adventure

When you travelled to that exotic country.

When you snorkelled on a beautiful reef.

When you were scared to do something but did it anyway.

Blessings

When your friends can be relied upon.

When you are free to design your own life.

When you have a roof over your head, food in the fridge and clothes on your back.

Talents

When you bake a perfect soufflé.

When you help a client break free from clutter.

When you can bring people together and make them smile.

Taken for Granted

When you learned to swim.

When you nurture a pet.

When you drive safely.