



Your Getting It Done! Coach
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Coaching for Personal and Professional Success



ONE HUNDRED THINGS TO DO BEFORE I DIE

One of the most interesting and fun exercises we can do is make a comprehensive list of experiences we would like to have before we die. This list serves as a wonderful way to keep track of the many ways in which you can conceive and achieve the dreams you have for yourself. Please complete this list, refer to it often, and check off the experiences as you knock them off!

To help you complete this list, I am including some prompts and questions before each set of ten goals. If you are having no trouble filling in your list, just skip them, but if you need help thinking outside the box, you might find these questions useful.

The Top Ten

What are ten burning desires you have for yourself?

A certain trip?
Meeting a certain person?
Achieving a certain milestone?

One Through Ten	Date Completed
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Ten to Twenty

Keep Dreaming

What is your next set of dreams?
Would you like to go on a safari? Rollerblade through Holland?
Be a guest at a deluxe spa for a week? Complete a triathlon?

Eleven Through Twenty	Date Completed
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

Twenty to Thirty

It's getting harder, so dig deeper.

What were your fondest wishes as a child?
Were there any dreams you buried after you left school
that you'd like to revisit?

Twenty-one Through Thirty	Date Completed
21.	
22.	
23.	
24.	
25.	
26.	
27.	
28.	
29.	
30.	

Thirty to Forty

If you're stuck, think of experiences that might feel like fairy tales.

Visiting Paris in the spring?
Driving down the coast of Italy?
Visiting the ruins of Pompeii?
Scuba diving in the Red Sea or on the Great Barrier Reef?

Thirty-one Through Forty	Date Completed
31.	
32.	
33.	
34.	
35.	
36.	
37.	
38.	
39.	
40.	

Forty to Fifty

What are your professional and financial goals?

Do you have a dream of retiring at a certain age?

Where? With whom?

Is there a career you'd like to explore before you die?

Forty-one Through Fifty	Date Completed
41.	
42.	
43.	
44.	
45.	
46.	
47.	
48.	
49.	
50.	

Fifty to Sixty

Make sure you are listing all of the significant people you'd like to hear, meet or study with.

Do you want to have dinner at the White House?

Meditate with the Dalai Lama?

Have lunch with Oprah Winfrey?

Fifty-one Through Sixty	Date Completed
51.	
52.	
53.	
54.	
55.	
56.	
57.	
58.	
59.	
60.	

Sixty to Seventy

Be outrageous here!

What do you secretly want, but that might sound silly to others?

Playing the piano at Nordstom?

Singing in a rock band?

Walking the red carpet at the Cannes Film Festival?

Going to the Oscars?

Meeting the Pope?

Sixty-one Through Seventy	Date Completed
61.	
62.	
63.	
64.	
65.	
66.	
67.	
68.	
69.	
70.	

Seventy to Eighty

What are your deepest values and spiritual beliefs,
and how would these play themselves out in the next ten experiences?

Seventy-one Through Eighty	Date Completed
71.	
72.	
73.	
74.	
75.	
76.	
77.	
78.	
79.	
80.	

Eighty to Ninety

If you were given six months to live, what would you make sure you accomplished in that time period?

Forgiving someone whose actions hurt you?
Going after true love, despite what others might think?
Laughing and loving more, and working less?

Eighty-one Through Ninety	Date Completed
81.	
82.	
83.	
84.	
85.	
86.	
87.	
88.	
89.	
90.	

Ninety to One Hundred

Okay, here's your last shot to make sure your dreams are committed to paper.

If you die tonight, what do you most want to have experienced, said, seen or accomplished?

Ninety-one Through One Hundred	Date Completed
91.	
92.	
93.	
94.	
95.	
96.	
97.	
98.	
99.	
100.	