

The Successful Dilettante

from Susan Henderson

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In This Issue

- 1) Greetings/News
- 2) Featured Article - The Bucket List

Greetings/News

Welcome and Happy New Year.

As mentioned in the last issue, you will be seeing some changes in this ezine. Feedback from the survey I did late last spring and from conversations and emails with some of you, indicated the majority prefer the how-tos of living and working as a successful dilettante or creative multipreneur. With that in mind, I will be offering articles, tools, tips, resources, book or website referrals and an occasional interview with a featured guest to help you in your journey.

The Bucket List

On television lately there has been a trailer for a movie due out soon called The Bucket List. It stars Oscar winners Morgan Freeman and Jack Nicholson who as two terminally ill patients end up sharing a hospital room. Even though they led very different lives, they discover they have two things in common: a need to come to terms with who they were and the choices they made, and a strong desire to spend the time they have left doing everything they ever wanted to do.

Freeman's character recalls a suggestion by his philosophy professor that his students compose a bucket list of everything they hope to accomplish before they kick the bucket. So, they make a list and against doctor's orders, check themselves out of the hospital and set off on a wild journey to do just that.

This concept of making a life-goals list is not new. Many books and articles on manifesting what you desire in your life, suggest writing it all down as a way to make it happen. With the freshness of a new year and talk of

resolutions and goal setting, as well as taking stock of where you are and where you want to be, doesn't it seem like a perfectly good time and logical idea to make a bucket list of your own?

Get It Out of Your Head

Instead of carrying it around in your brain with vague someday wishes attached, get it all out of your head and onto paper where it can start to look real and doable in your lifetime. Include the seemingly impossible. Write down everything you want to be, do, have, visit, experience and learn before you kick your bucket.

Do this. Find some quiet, uninterrupted time to compose your list of life-goals. Write really fast on paper. Do not linger over it or self-limit because you think it is too far out of reach. Do not organize it. Just dump it out there. Everything. Write from your heart. Nobody is watching. This is only for you. Done? Great. Now set it aside for 12-24 hours or so. You may have the urge to tinker with it, but don't yet. Let it rest.

When you do go back through your list, first look for those things you wrote that are someone else's goals for you. Cross them out. Do the same for those goals that are driven by the desire to impress someone else, but aren't truly what you are about. As you go through your list and organize or categorize in a way that works best for you, think about the motivation for that goal. Is it coming from inside or outside of you?

Get Into Action

Now let's not stop with a list in a notebook or on papers in file that is put away and forgotten. Let's get some action going. First, get a big stack of 3" X 5" cards—white, colored, lined, unlined, whatever you prefer. Write down one goal per card. What? Why didn't she tell me that in the first place, you might ask? Because it can slow you down in the brain-dumping process and you might be more apt to over think it all.

Now is the time for giving each goal some thought. You might choose to use colored pens, cards, or even stickers for different goal categories, such as business, family, spiritual, personal, education/learning, travel, and so on. These goal cards will move you into action. If it is satisfying for you to keep a list where you can check off or cross out a goal as it is achieved, by all means please do that, too.

What's Up for 2008?

As you are revisiting your list and transferring each goal to its own card, be thinking about what goals you want to accomplish in the next year. Set those cards in a separate pile. When you are through transferring all the goals and possibly adding a few more, take the goal cards you set aside for this next year and prioritize them by what you want most for yourself in 2008. You may want to break them out by category, as well. Some of these goals will need to be broken down into smaller goals or action steps and have a longer

timeline then others. And once you start writing down your goals, you will start receiving all sorts of energizing ideas related to the execution of those goals. It's exciting and a bit overwhelming.

In the next issue of this ezine (January 20th), I will share some ideas, tools and resources on how to manage your goals and how to capture all those new ideas coming in. Meanwhile, get yourself a small notebook or 3" X 5" cards to carry with you at all times to grab those ideas as they come up. If you wait too long, they are gone.

Do you love books and want to explore this deeper? Check out *Write It Down, Make It Happen* by **Henriette Anne Klauser**. It is full of advice and stories about ordinary people who experienced wonderful things in their lives after writing their goals on paper.

You are welcome to contact me if you have any questions or want to share your experience with this process.

Warmly,

Susan

Offerings from Susan Henderson Coaching

Coaching

I currently have openings for three one-on-one clients. If you would like to learn more about if and how Susan Henderson Coaching can help you achieve your desired goals, please contact me to set up a time to talk. This conversation is complimentary so I can learn more about you, your current situation and goals. And you can learn about me, how I work with clients, and the coaching process. If we both feel the coaching relationship is a good fit, we will move on from there.

Mastermind Book and Groups

The DIY Mastermind Group: Insider Secrets to Creating a Successful Mastermind Group of Your Own ebook is now available on my website. But that's not all. With the purchase of this book, I am offering you a free 30-minute private brainstorming session. Click here to find out more.

It's a great time to get involved with a mastermind group to help you make 2008 your best year ever. If you don't have the time to set up your own group, consider my Power of Five Facilitated Mastermind service.

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