

THE BIG DREAMS LIST

For a successful coaching experience my clients need to be excited about the possibilities for their lives. To facilitate that one of the first things we do is build a BIG DREAMS list. The BIG DREAMS list is like a bucket list except in a BIG DREAMS list we also include things we want to *be* and to *have* as well as things to *do* even though things to *do* will typically make up most of their list. Because making a BIG DREAMS list is exciting and motivating, it expands the *why*. I ask my Life Mastery clients to have fifty items on their BIG DREAMS list before we move to the next skill.

You may have heard of the adventurer John Goddard. When John Goddard was fifteen years old, he wrote down a list of goals he wanted to accomplish in his lifespan, from learning to type on a keyboard to climbing [Mt. Everest](#). “When I was fifteen,” he told *LIFE Magazine*, “all the adults I knew seemed to complain, ‘Oh, if only I’d done this or that when I was younger.’ They had let life slip by them. I was sure that if I planned for it, I could have a life of excitement and fun and knowledge”. As a teenager he wrote 127 goals and accomplished over 100 of those original goals. He explored rivers like the Nile and Congo, he climbed mountains, learned to play musical instruments, composed music, he studied primitive cultures, became an accomplished typist, taught college courses, he was an Eagle Scout, served a mission for his church, married and had five children, and maintained his weight all his adult life. But a person like that doesn’t stop adding to his list. In a conversation with an acquaintance later in life he revealed that the original list by his fifteen year old self was just the beginning. He explained in that conversation that his list was now over 600 goals and at that point he had achieved 520 of his BIG DREAMS. John Goddard wrote his original list in 1940. One of the items on that list was to live into the 21st century. Goddard died in 2013 having lived a full life and I suspect he had very few regrets. Goddard once wrote,

From early childhood I had always dreamed of becoming an explorer. Somehow I had acquired the impression that an explorer was someone who lived in the jungle with natives and lots of wild animals, and I couldn’t imagine anything better than that! Unlike other little boys, most of whom changed their minds about what they want to be several times as they grew older, I never wavered from this ambition.

Write your own BIG DREAMS list. Do not limit your list by thinking something is impossible. John Goddard had “visit the moon” on his list. He didn’t make that one but still . . . Make each item on the list specific, for example do not write *visit Europe* but list each country, city, monument, fountain and museum. Make each item quantifiable. Rather than *read more classics* pick a number, *read one hundred classics* for example. List languages you would like to learn, people you would like to meet, sporting events you want to attend, skills you would like to learn and things you would like to have. Do not worry if you struggle getting fifty at first. Once it is on your mind you will start thinking of things and in the process of accomplishing one you will think of two more.

Goals like, *My son is a lawyer, My wife is a size six or My mother quits smoking* are off limits. You cannot have BIG DREAMS for someone else. However, if you have a life companion you may want to compare BIG DREAMS and see what you want to do together. If you have children sharing your BIG DREAMS lists is a great family activity. I had a client who was really struggling coming up with his own BIG DREAMS list. Immediately after one of our meetings he was headed on a family road trip with his wife and teenagers. I encouraged him to brainstorm ideas with his family and he later reported that the discussion had been a great success and so much fun they wanted to do it again.

When I first started my BIG DREAMS list I would drop things that I had accomplished each time I visited the list. I am appalled that I did that! Just put a little check by the dreams accomplished. If you do something awesome and it wasn’t on your list add it and mark it off. Our daughter, Summer, keeps two lists. One is her *To Do* list and one is her *Done* list. Make sure you keep a record of all you have done. One thing you might want to do, that I didn’t think of soon enough, is to add the date that you accomplish an item.

My list now has many things accomplished, a few things in the works and a lot left to do. Because accomplishing one thing can give rise to other BIG DREAMS I expect to be adding more items to my list. This is how it looks now:

1. X 100 memorized scriptures
2. X Read the standard works
3. ___ Read all my leather bound books
4. X Be interviewed in a national forum
5. ___ Speak in my hometown
6. ___ Speak on a cruise
7. X New York City
8. X Paris

9. X Washington DC
10. X Washington DC on July 4th
11. X Martha's vineyard
12. X Croatia
13. X Portugal
14. X France
15. X Italy
16. X Switzerland
17. X Netherlands
18. X Belgium
19. X Spain
20. X Germany
21. X Morocco
22. X Thailand
23. X Caribbean cruise
24. X European Cruise
25. X Alaskan cruise
26. X South American Cruise
27. X Ecuador
28. X Belize
29. X Mexico
30. X Guatemala
31. X Columbia
32. X Costa Rica
33. X Panama
34. X Argentina
35. X Falkland Island
36. X Uruguay
37. ___Scotland
38. ___England
39. ___Wales
40. ___Sweden
41. ___Finland
42. X Israel
43. X Jordan
44. ___Greece
45. ___China
46. X New Zealand

47. X Australia
48. X Aruba
49. X Turk Islands
50. X Grand Cayman
51. X Puerto Rico
52. X St Thomas
53. X St. Marteen
54. X Curacao
55. X Dominica
56. X Fiji
57. X Banff, Canada
58. X Glacier National Forest
59. X Yellowstone National Forest w/Ken
60. X Redwood National/State Forest
61. ___ Galapagos Islands
62. ___ Egyptian pyramids
63. X Mayan Pyramids
64. ___ African Safari
65. ___ Cycle through New England
66. X Cycle to Idaho City
67. X Cycle around Lake Tahoe
68. X Cycle Hiawatha Trail
69. X Visit every continent
70. ___ Visit 100 countries
71. X Visit all 50 states
72. ___ Broadway play in NY
73. X Swim in Dead Sea
74. X See the Rockettes
75. X Take a week scuba trip w/Gigi
76. ___ Scuba dive Red Sea
77. X See Petra
78. X Run a 5K
79. X Run a 10K
80. X Do a triathlon sprint
81. X Run obstacle course event
82. ___ Sailboat the Mediterranean
83. ___ Sailboat the Caribbean
84. X Hike Mt Borah

85. X Hells Canyon
86. X Silver City
87. X Raft the Salmon River (overnight)
88. X Hike Tour du Mont Blanc
89. ___ Walk Portugal
90. ___ Walk Scotland
91. ___ Travel the Amazon
92. ___ Overnight train ride
93. X Ride a camel (native)
94. X Ride an elephant (native)
95. ___ World Series game
96. X Pro Baseball game
97. ___ Pro football game
98. X Pro basketball game
99. ___ Hockey game
100. ___ Olympic event
101. X Take my kids on a cruise
102. X Own a gun
103. X Take hand gun training
104. ___ Proficient at genealogy
105. X Cash for a new Mercedes
106. X Leave a \$100 tip
107. X Live in a downtown condo
108. ___ Hot air balloon ride
109. ___ Helicopter Grand Canyon
110. ___ Turn \$200 into \$10,000
111. X Own a fitness business
112. X Develop a personal development coaching program
113. X Write a workbook for Life Mastery
114. X Write an assessment for use in Life Mastery
115. X Publish a book on Life Mastery
116. ___ Publish my book of quotes
117. ___ Sell 10,000 copies quote book
118. ___ Attend Jewish Seder
119. ___ Attend Catholic Mass
120. X Ziplining
121. X Learn Fly fishing
122. X Attend a ballet

123. ___ Attend an opera
124. X Study the ruins of Belize
125. ___ Sky dive
126. X Take teenage grandchildren SCUBA
127. X Take Isaac on a super trip
128. X Take Brady on supper trip
129. X Take Brock on super trip
130. X Take Sam on a super trip
131. X Take Rachel on a super trip
132. ___ Take Ian on a super trip
133. ___ Take Lilly on a super trip
134. ___ Take Maya on a super trip
135. ___ Take Ella on a super trip
136. ___ Take Carson on a super trip
137. ___ Take Cora on a super trip
138. ___ Take Lidia on a super trip
139. ___ Take Emmy on a super trip
140. ___ Take Jude on a super trip
141. ___ Take Jase on a super trip
142. ___ Take Zach on a super trip
143. ___ Take Blythe on a super trip
144. ___ Take GeorgeAndrew on a super trip
145. X Take granddaughters trail riding
146. X Compete in a bodybuilding show

You do not have to love something to have it be worth your time. Do it for the experience. Watching sporting events is not a favorite activity of mine but it is a huge part of our culture and I don't want to miss it. It turns out that I have enjoyed the sporting events I have attended and didn't even read the book I had stowed in my purse in case I was bored. The philosopher Bertrand Russell thought people should be interested in many things, "The more things a man is interested in, the more opportunities of happiness he has". Which fits nicely with our quest for happiness through personal growth.

Recently I asked myself what items on my list would I most regret if I didn't do them. One item instantly sprang to mind. It was actually something I had deleted. I always wanted to do a bodybuilding competition but I decided in my fifties that I was too old to lose enough body fat to be competitive with much

younger women and deleted it. But I know that if I don't get on that stage I will regret it so I put it back on my list and I am now training for a show. I still don't want to lose an extreme amount of body fat but my goal has always been to participate in a show, not necessarily win one, so a single digit body fat percentage isn't warranted. And now they have divisions for older women so who knows? Maybe I will win. Either way - *No regrets*.

Having an inspiring and exciting BIG DREAMS is one big *why* to do all the daily, weekly and yearly things necessary to make those dreams a reality.