

# 40 Things I Want to Do Before I Die...

Albert Einstein famously said that “the only source of knowledge is experience.”

And it is our experiences – and our interpretation of and reflection about those experiences – that creates separation or connection among you and the people you interact with each day...

In most of my programs, I will share activities to improve communication – and one of the key insights those activities provide is that ALL FAILURE IS THE RESULT OF VAGUENESS.

That is true not only as it relates to the quality of our communication, but for the quality of our lives...

If you just “wait to see what happens,” or just “go with the flow,” your life experiences and impact will be far less significant and enjoyable and fulfilling than if you are INTENTIONAL. It is intention that prepares us to succeed and be more effective in every area of our lives.

So, what is YOUR INTENTION?

Is your future a fog of possibilities that are determined by others’ intentions?

Or are you determined to consider and define what you want to experience?

This is a fun and powerful exercise – to make a list of the things you want to accomplish or experience before you die. It will surprise you, and excite you, and hopefully scare you a little if you are honest...

And one interesting application is to have your team complete the activity together. This is not a ten minute activity, though – you will want to give yourself (and your team) at least a few days... perhaps even an entire week... to thoughtfully consider and write down and add to their list as things begin to pop into their mind.

Opening the door to begin thinking about what is important to them will be a catalyst for ideas they otherwise may not have had. It is very enlightening. And then, as a team, it is powerful to share ideas and see how you can help each other to accomplish some of the goals that you have taken the opportunity to acknowledge.

You will be surprised at the goals that others will share – and inspired to accomplish your own!



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