

RESILIENCY

Meaning

How I... find meaning

ACTIVITY: Empty Your Buckets and Fill Your Life List

What does it mean to live a full life? In many ways our lives have become too routine. We wake each day, prepare for work, do our job, return home, and squeeze in eating, time with friends and family, and sleep. That might not be entirely accurate, but more times than not we are living the same routine every day. While there is comfort and stability in routine, there is also a loss in adventure.

Committing to trying new things brings meaning and happiness to our lives that may have gone unnoticed if we remain comfortable. If we stick to our routine.

Let's explore breaking habits and routine and fill our lives with adventure and new experiences. Everyone has heard of a bucket list, but this is entirely too fatalistic. The things I want to do before I die...no thanks. Let's instead make a list of the things I want to do to feel alive.

The bucket list is already dead. Mainly because the items that fill that list are typically filled with dreams, not goals. Let's explore new experience with purpose and accountability. Let's commit to new experiences and seek meaning in all we do.

Try This!

Let's commit to enriching our lives in the next three months by doing some thing new.

Write a list of items you may have wanted to try but never have. A Life List if you will.

From that list choose one and map out a plan to try some thing new. By planning you are no longer dreaming, you are goal setting.

To ensure self accountability, share your plan with someone close to you either at work or at home.

Looking for Life Inspiration? Check out these videos about Sister Madonna Buder.

Nike Ad for Iron Nun - <https://www.youtube.com/watch?v=SEf7MoQYgzE>

Background of Iron Nun - <https://www.youtube.com/watch?v=QpjA1L1gSFA>