

Gym Rat Rantings

by Bob Ring



What's on your Bucket List?

Do you remember the 2007 movie, **The Bucket List**, starring Jack Nicholson and Morgan Freeman? The storyline was that two terminally ill men become friends in the hospital, write down their bucket lists - things they want to do before they “kick the bucket” - and then go on to accomplish everything on their lists.

Pat and I have had fun talking about our bucket lists, but not in any organized way. So I prepared the table below to help all of us make the difficult choices. If you absolutely can't find a suitable selection from the examples presented, then fill in your own bucket list item for each category.

And remember, after we fill out the table, we've got to start working off the items on our list. So let's get to work!

Travel	<hr/> Spend the summer in Afghanistan? Stomp grapes in Italy? Time travel to past/future? Tightrope across Niagara Falls?
Activity/ Adventure	<hr/> Snowboard at the next Winter Olympics? Fire walking? Bungee jumping? Skydiving? Live in a nudist camp?
Relationships	<hr/> Meet Hugh Hefner? Shred your high school yearbook at 50 th reunion? Enter the Witness Protection Program?
Self Improvement	<hr/> Learn to say “Cheers!” in 50 languages? Grow two inches? Get sex change operation? Spend 100 th birthday at Fit Center?
Service/ Help	<hr/> Speak to the nation about Health Care? Mentor Tiger Woods? Help a friend rob a bank? Run for President?
Spoil Yourself	<hr/> Get a tattoo? Burn \$10,000 cash in front of the IRS building? Bathe in chocolate? Drink your own bathwater?