

Chapter 16: "Before I Die..."

"Looking back, I realized that I had spent most of my life doing neither what I ought, nor what I desired. Most of my time I had dissipated into a grey fog that brought me neither satisfaction nor accomplishment." --C.S. Lewis

Sometimes it is easier to discern direction in life by looking at little things rather than the big things. Sometimes, attending to the details means that the big picture takes care of itself.

In this exercise, we are asked to make a list of FIFTY things that we would really like to do in the remaining time allotted to us on this earth. Was learning to bake bread something placed on the back burner (no pun intended) for "some day?" Maybe learning a foreign language, visiting the Grand Canyon, or tracking down a beloved elementary school teacher, was something set aside to await that ethereal point in life when there would be "more time available." What are FIFTY things that you would really like to do?

The task this week is to write down the FIFTY things that you can think of right now, that you would really like to do. Disregard, for this exercise, concerns about time to do them, or costs involved. This is an exercise in which to let your imagination run wild, to let that proverbial inner child run free.

No action is too big or too small to make it onto the list; nothing too frivolous, and nothing too serious. Is there somebody that you would like to say "no" to just once? A book or short story inside you waiting to come out? Is there some reclusive neighbor that you always wanted to meet? Some sport or food you would like to try? Whatever it may be, writing it down is the first step towards making it so.

Once you have your list of FIFTY, you might like to review it periodically. When you do one of the things, scratch it off your list and replace it with something else. The goal here is always to have a list of FIFTY things to which we can always look forward.