

PRESS RELEASE

For immediate release

NEW Book - *Live Your Bucket List*

IMAGINE HOW EXTRAORDINARY YOUR LIFE WOULD BE if you started living your dreams.

If you overcame your fears, learnt new things ... and actually went on that journey of a lifetime.

Now you can discover the proven process that will take you from dreaming to achievement:

- Decide which Bucket List dream to pursue
- Ignite your passion for that dream
- Overcome obstacles including fear, lack of money and time
- Plan to achieve your dream
- Successfully implement your plans
- Reflect on your achievements

Each stage is illustrated with insightful stories from the author's own journey to live her Bucket List dream.

Follow this clear, step-by-step guide and complete the simple exercises to start living your Bucket List — **today!**



Live Your Bucket List — Ignite your dreams, face your fears and lead an extraordinary life — starting today!

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LIVE YOUR BUCKET LIST

future. If you do choose a BHAG (a big, hairy, audacious goal) that will take years to achieve, you can always break it down into smaller SMART goals so that you can see yourself making progress.

Relevant ...

Your dream needs to align with your values — it needs to matter to you. If you have filtered and prioritised your dream effectively, you can be confident that it already meets this criterion.

Timely ...

An ambitious but realistic deadline for completing your dream will help you to maintain focus and motivation.

Your Journey, Step-by-Step

Step 1: Create your bucket list

a) Create a list

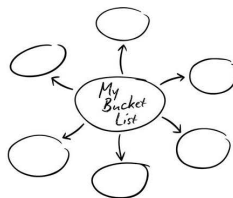
Put on your favourite music, set a timer for 15-30 minutes and write down all your bucket list dreams. Think about all the things you have always wanted to do or would love to do someday. Continue writing until the timer goes off. You might find it useful to grab some coloured pens and create a mind map (see diagram below), as this can help to release your creativity. Do not worry too much about whether you have captured absolutely everything — this is not a one-off process. You can add to your bucket list at any time.

Step 2: Filter your list

a) Group and order

Group similar dreams together and determine whether these naturally fall into an order of progression.

DEFINE YOUR DREAM



For example, walking England's South West Coast Path and Norway's St Olav's Way were both on my list. It made sense to me to practise closer to home, so I chose to walk the South West Coast Path first.

b) Consider combinations

For example, if you have always wanted to learn to paint and always wanted to visit Paris, you might be able to find a painting course in Paris and tick two things off your list at once.

c) Identify your deal-breakers

These are the lines that you will not cross. For me, I had to be able to achieve my dream within 6 months to a year and did not want to be away from my husband for too long. Your deal-breakers will be different, and they will probably change over time.

d) Filter your list

Filter your list against your deal-breakers. Consider carefully. If you are creative, you might be able to find a way to achieve your dream without crossing those boundaries. For example, if your dream requires you to be away from your family for too long, it

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Northern Eye