**Psychology**

**Bucket List Assignment: Striving for Self-Actualization**

*This assignment should be typed and submitted to Schoology.* Due:\_\_\_\_\_\_\_\_\_\_\_\_

1. **Develop a personal mission statement**. Describe what you hope to achieve in this lifetime and how you want people to remember you. This should reflect your vision of what a self-actualized life entails. A good exercise for getting there consists of the deceptively simple-sounding task of writing your own obituary. When you die - hopefully at a ripe old age - how do you want people to describe the quality of your character? What notable achievements do you want memorialized? This part of your assignment should be *approximately one-third of a page*.
2. **Write a bucket list of specific, achievable life goals you want to achieve before you die**. Maybe you want to be published, or climb Mt. Everest, or visit every continent, or run a marathon before you turn 40. List at least fifteen things that, in your old age, you can point to as extraordinary accomplishments worthy of a well-lived life.
3. **Break down big goals into a series of smaller, time-limited tasks**. Psychology studies show that we are more likely to achieve large goals when we break them into smaller tasks and work on them incrementally. Choose two of the items on your bucket list that you would like to accomplish in the next 10 years. Brainstorm and write down the smaller tasks that will help you move towards those goals. For example, maybe your goal is to hike the Colorado Trail. You will need to buy gear, complete day hikes and then graduate to overnight hikes in the backcountry. You will need to meet fitness goals, learn first aid and figure out how to deal with the various animals you’ll encounter.

*After completing this assignment, keep your bucket list on your radar. Keep a copy in a prominent place. Look at it regularly to remind yourself to continue moving towards your goals.*

**Psychology**

**Bucket List Assignment: Striving for Self-Actualization**

*This assignment should be typed and submitted to Schoology.* Due:\_\_\_\_\_\_\_\_\_\_\_\_

1. **Develop a personal mission statement**. Describe what you hope to achieve in this lifetime and how you want people to remember you. This should reflect your vision of what a self-actualized life entails. A good exercise for getting there consists of the deceptively simple-sounding task of writing your own obituary. When you die - hopefully at a ripe old age - how do you want people to describe the quality of your character? What notable achievements do you want memorialized? This part of your assignment should be *approximately one-third of a page*.
2. **Write a bucket list of specific, achievable life goals you want to achieve before you die**. Maybe you want to be published, or climb Mt. Everest, or visit every continent, or run a marathon before you turn 40. List at least fifteen things that, in your old age, you can point to as extraordinary accomplishments worthy of a well-lived life.
3. **Break down big goals into a series of smaller, time-limited tasks**. Psychology studies show that we are more likely to achieve large goals when we break them into smaller tasks and work on them incrementally. Choose two of the items on your bucket list that you would like to accomplish in the next 10 years. Brainstorm and write down the smaller tasks that will help you move towards those goals. For example, maybe your goal is to hike the Colorado Trail. You will need to buy gear, complete day hikes and then graduate to overnight hikes in the backcountry. You will need to meet fitness goals, learn first aid and figure out how to deal with the various animals you’ll encounter.

*After completing this assignment, keep your bucket list on your radar. Keep a copy in a prominent place. Look at it regularly to remind yourself to continue moving towards your goals.*