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Bucket list fun travel

One day, you're going to die. No matter how well you eat or how much you exercise, we're pretty sure you're going to kick the bucket. Given that, Cheat Sheet is here to help you design the best end of your life wish list yet. Here are 14 ways for you to crush the bucket list and live your best life. Plan a trip to a national monument. Some large monuments to visit are the Statue of Liberty, the Grand Canyon, and the Grande House. Pack some snacks, get a camera and you're on your way. Throw in an adventure. Go on a hike and explore all that nature has to offer. Just be careful and try not to be too adventurous - then you won't be able to check on the rest of the items on the bucket list. Show your team spirit by participating in a professional sporting event. Wear team colors, have a few hot dogs, and enjoy the company of a few friends. Go after the job you've always wanted. Whether your dream is to work for NASA or own your own company, to get to the top. Live your life without regrets. Give a hand to those in need. When you give to others, you get back the rich reward of knowing that you've made a difference in someone's life. Get a partner and see one of the great wonders of the world. Some of the wonders you may want to check out are the Colosseum, the Great Wall of China, and the Taj Mahal. Don't settle for your usual and boring trip. Instead, go on an exotic vacation and explore your wild side. Enjoy a delicious meal at a five-star restaurant. You deserve it. Let go of the party. Dance until you can't dance anymore. Try your luck at a black jack game. You might earn enough to have an unforgettable night in the city. Take risks. Gather enough courage to jump and bungee jumping. Get in touch with your inner rock star and learn a new instrument. Who knows? Maybe you'll be good enough to make a band. Gather a few close friends and hit the road. Get ready for a serious connection while discussing your hopes and dreams. Open your heart and fall in love deeply. This could be the best decision you've ever made. Follow Sheiresa on Twitter. More from Culture Cheat Sheet: MyDomain uses cookies to give you a great user experience. By using MyDomain, you accept our use of cookies. 1 of 27 Antarctica For final, spring praise rights for an exhilarating polar plunge among the Antarctic icebergs. 2 of 27 Atacama Desert. South America Visit the ALMA Astronomical Observatory for an unparalleled look at the night sky — the closest you can reach the stars without leaving planet Earth. 4 of 27 Serengeti National Park in North Tanzania and Southwest Kenya Right Time You can witness the greatest natural spectacle on earth: the Great Migration of two million zebras and gnu in the Serengeti. Your cabin sits on 350,000 acres of clean wilderness that you'll have for yourself. 5 of 27 Victoria Falls, Zambia Takes Flight of Angels over Victoria Falls, one of the seven natural natural world, in a helicopter. 6 of 27 Wadi Rum Desert in Jordan Explore vast, echo and God-like Wadi Rum desert just like T. E. Lawrence (aka, Lawrence of Arabia) did-except that it won't be inflamed saddle thanks to the jeep. 7 of 27 Aswan, Egypt Pat down at the splendid Old Cataract hotel, a Victorian Age/Far East mashup that was immortalized in Agatha Christie's Death on the Nile. You will instantly understand why Aga Khan chose to be buried in a desert mausoleum facing the hotel on the other side of the river. 8 of 27 Crillon-le-Brave, Provence, France You can skip Lycra, but what would France be without a moment's Tour de France on Mont Ventoux in Provence? (Good news: You don't have to sweat if you don't want to electric bikes are available.) 9 of 27 Terschelling, Holland Enter in a secret eco The Dutch try to keep: Take a day trip to the quiet North Sea island of Terschelling, all high dunes, tidal swamps, cycling trails-and virtually no car. 10 of 27 Johannesburg, South Africa's gold and diamonds, Gandhi and Mandela, apartheid and its aftermath-take an inside tour of walking through the brave, resurgent Johannesburg, a modern African metropolis in making. 11 of 27 Angkor Wat in Siem Reap, Cambodia Takes a Tour of Angkor Wat, one of the largest temple complexes in the world, with a leading scholar on the Khmer civilization. 12 of 27 Bagan, Myanmar 13 of 27 Venetian Lagoon Cruise in Italy Travel bybragozzo, a type of wooden boat dating back to the 18th century, for a day's cruise to the lesser known islands in the Venetian Lagoon. 14 of 27 Shanghai at Night See Buzzy Shanghai from the headquarters of a sidecar motorcycle as you swerve along winding roads and around the Bund. 15 of 27 Istanbul 16 of 27 Whitehaven Beach at the Great Barrier Reef Have a champagne picnic at Whitehaven Beach, one of the most beautiful beaches in the world. 17 of 27 Laical Island Resort in Fiji Spend three days of R&R at the spectacular Laucala Island Resort – you've won it! Red Bull billionaire Dietrich Mateschit bought the 3,500-acre island from the Forbes family after Malcolm died and turned it into an ultra-luxury hideout of 25 villas. With the turquoise bays of Laucala, the air scented with tropical fruits and 350 employees for 80 guests, what is not to like? 18 of 27 South Alps in New Zealand Pat in the Snow-covered South Alps at Minaret Station, a high country sheep farm that is accessible only by helicopter. It flies in glaciers, along 2,000-foot waterfalls, and in isolated fjords and entrances to Fiordland National Park. Dinner is the lobster that the helium pilot threw into the frozen waters to catch him. 19 of 27 Burmamarca, Argentina Takes a lama caravan-a long-lasting way of travel-through the dazzling desert of white salt to the Indian village of Burmamarca. 20 out of 27 Andian lakes between and Argentina Ride with gauchos up mountains to hidden lakes full of wild rainbow trout and land-locked salmon and learn to fly-fish. 21 of 27 Tiger's Tiger's The monastery of Bhutan Trek to this Himalayan fairy tale kingdom of Tiger's Nest monastery just like Prince William and Kate did in April. Unlike the royal family, you'll be part of the steep climb on the road. 22 of 27 Dubai Arrive shaded at your dubai hotel in the final style: travel by helicopter and land on the roof of the iconic sail-shaped Burj al Arab, Dubai's most famous structure. 24 of 27 Rwanda In one of the most thrilling moments of the journey, see yourself in the eyes of the mountain gorillas of Vulcan National Park – they share 99% of our DNA. 25 of 27 Lake d'Annecy, France's ultimate adventure for thrill seekers: Your night room is a suspended platform from a high-fronted cliff in the Alps, with breathtaking views of the valley below. 26 of 27 Sphinx of Cairo, Egypt the inscrutable Sphinx of Cairo is usually tied off, but an Egyptologist guide can get you so close to the limestone monolith you might bite-right between his paws. 27 of 27 Ngorongoro Crater in Tanzania Welcome to watching wildlife on steroids: Ngorongoro crater has the most zebras, gnu, lions, leopards, and black rhinos you'll ever see someday. You'd think that with over 7 billion people in the world, we'd have a few examples of living a life without regrets. However, for one reason or another we are still making decisions that lead to the same regrets time after time. Author Bronnie Ware highlights the top five regrets of death in her book titled Top Five Regrets of Death - A Life Transformed by Expensive Leaves After Years of Working in Palliative Care. Most of us have a bucket list. You know, the list of accomplishments we want to accomplish before we die. It might include: Learn another language Earn a million dollars Travel the world Go Skydiving Get a PhD Buy a certain type of car There is nothing inherently wrong with putting any of these items on a bucket list. After all it is your list and the things you want to achieve have relevance and importance to you in their unique way. However, after reading the book and going over the top five deadly regrets I couldn't help but think I was going about my goals and ambitions completely wrong. Most of the things I would like to accomplish are interesting, challenging, and rewarding, but I had to step back for a minute and wonder when everything is said and done will any of these achievements. A new way to create the bucket listWhen Ware discussed with some of her patients over the years what they regretted most in their lives the top common responses are following. I wish I had the courage to live my real life. The fastest way to stress, anxiety, and unhappiness is to compare yourself to others or try to keep up with the Joneses. Decision-making and life-making based on the views of what others consider to be good and bad. There's nothing wrong with wanting to please people. It is only important to make sure that it is aligned with what is most for you. This can lead to some problems. The people you care about the most and whose opinions you respect might make it difficult to pursue what is most important to you. It is important to remember that to be safe and safe is rooted in us. It goes back to our day as cavemen and women. The first priority was to stay alive. Avoid predators, find food and shelter, and find a decent looking partner so we can keep the bloodlines going. If you are looking to live a more authentic life for yourself, but struggling with naysayers there are three things you can do:1. Spin it and thank it. When someone close to me expresses their opinion or concern for the decisions they can make, they just say thank you. I thank them for loving me so much that they care about my safety and well-being. Then I explain that these decisions are made because I want to create the happiest and most enjoyable life for me.2 Actions speak louder than words. Don't give yourself someone's dreams, live them. Prove that you may do things a little differently than most and be safe in the long run, even if it means sacrificing some of it right now.3 Contribute. Think of yourself as a silent leader. While this post is about making decisions that are most important to you it is still important to keep others in mind. And always remember that those who care most about you are often more concerned with your safety than they are with your happiness. I wish I hadn't worked so hard. Most of those who mentioned this as a regret based on their desire to be spent more time with their children, significant others, and friends. However, this is only a matter of priorities, because we all have the same 24 hours to use in a day. Time influences so many of the most important decisions you will ever make in your entire life. Think about how often you've heard: I don't have enough time. It's about time you started settling down. Isn't it time to be serious? Until I'm 10, I want to be _____. The most successful people in the world today treat their time as currency, is their most valuable resource, prioritized over money, sex, and all things under the sun. Here are three ways you can start spending your time more wisely.1 Creating specific routines that you can perform day by day is a great way to create positive energy management. They can be as simple as getting up to the same time each day, starting the day with a particular breakfast or exercise routine, or taking a 50/10 break if you take 10 minutes to reset for every 50 minutes of work.2 Take your time to plan your week, I love it to configure what is I'm going to achieve. I usually dedicate days for certain tasks like exercise, cooking, research, writing, laundry, fun, or whatever else I'm going on. I also schedule daily activities, such as email, phone, meetings, etc. for certain hours every day. For example, I try not to e-mail up to 7PM daily.3 Watch out for the bad mojo. Some people you spend time with may be energy zappers. You know, those negative Nancys who always take down ideas, in a bad mood, or create a toxic environment. Run a quick assessment of friends and family, which of them contributes to more energy, success, and happiness for you and which does not? I wish I could express my true feelings. The most common reason not to fully express emotions was to maintain peace or to avoid bitterness and resentment in personal relationships. I agree with this to some extent, but when I think about my personal experiences the fear of expressing my true feelings usually comes down to attempts to avoid vulnerability. Let's face it, being vulnerable is scary. You put yourself there on the line to be judged, hurt, and rejected. However, this is a common mistake most of us make, we spend a lot of time focusing on the negative results that we forget about the more likely and positive results that might occur. Just ask yourself this question: What's worse: getting hurt because I've been being honest with myself and expressing who I am or keeping my authenticity buried inside and never really experiencing deep and meaningful relationships and emotions? I'd like to keep in touch with my friends. Most of those who referred to this said they thought they had been too wrapped up in their lives and took for granted the importance of maintaining personal relationships. It's easy to simply expect significant others, friends, and other loved ones to be there for us when we need them. Sometimes you might forget that they have their own lives, priorities, and experiences they had. One way to maintain friendships and other relationships with closest ones for you is to expect nothing in return. Be there for them when they need you, call for no reason at all, write letters, hug them when you see them, and be the one who actively seeks to improve the relationship. Don't expect him to. I wish I was happier. That kind of amazed me a little bit. No one in all minds would let them be happier. So what the hell is that leading to feelings of not maximizing your happiness? I personally researched the concept of happiness to the death. There are so many wonderful books out there that detail findings on how you can become much happier, not only immediately, but over the course of a lifetime. So what exactly makes us happy? Tell me, take a second to ask yourself that question, I bet many of you never did. Which makes you the happiest. Are there certain people in your life that you regret not spending more time? Is there an asset you just have to do that would immediately lead to more happiness? A that you need to read? Some feelings you need to express? Or a few fears you need to face? Science tells us that there are some common themes that determine the level of happiness. Happiness. Gratitude Remaining optimistic learning to forgive practicing acts of kindness Engaging to your goals to name just a few. However, what if gratitude is not what brings you happiness, and instead a girl named Molly is? What if being optimistic just doesn't do it for you, but a night walk in the sand next to the beach doesn't? You may not be the kind that sets and commits to goals, but a glass of wine on a Thursday night with your best friend sure puts a smile on your face. Maybe it's time to update the list of gaps. List.

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