

BUCKET LIST

We all have a bucket list. Written or not, we have a list.

But, what's the bucket? What does the bucket do?

The bucket is our bodies. It's the container that carries us around, our earth vehicle, in which we live and move in this earthly life.

Sometimes our bucket leaks. What does it leak?

- Our lives
- Our energy
- Our hopes
- Our desires
- Our determination
- Our motivation
- Our health
- Our stamina
- Our ability to move
- Our flexibility

The first item on our bucket list should be our health, ie to live to a robust old age without leaking, with the health to do the things we desire. It takes time, energy, and effort to keep our bucket in good shape. It takes exercise, it takes stretching, and it takes feeding our container properly.

We can't abuse our bodies and expect them to last. We can't put bad things in our bodies. We can't have bad habits and expect to live a long and healthy life.

First we need to think about the bucket, our earth vehicle. We need to keep it in top shape; and that takes time. For every hour we spend caring for our bodies, gets days and weeks of increased life. Certainly, the best investment.

If our bucket leaks, it's a message. It's a wake up call. It's telling us we have to change something in our lives. We get messages. We know. The key is to pay attention and do something about the message, the leak. If we patch the leak, but don't change, the leak will come back. At some point it's too late. Address the root cause of the leaks early.

The more we pay attention to and care for the bucket, the further it will take us, the more fun we can have with it, and the more we can carry, do, have, and experience.

The first wealth is health. With health we can do the other things on our list.

Often we take things for granted. Things such as our health, our families and our relationships are the foundation of our buckets and all that is in the bucket.

We have to have a strong bucket in order to have a big list. A big list makes life an exciting adventure. Our only limitations are those we set on ourselves.

We can do that which we want to do. It is a matter of choice. But, once you have made the choice, you have to do the work. The work involves being sure your bucket, your body, is healthy and strong enough to do that which you desire. For example, you might have to give up smoking or overeating in order to safely climb a mountain. You'd also have to commit to an exercise routine in advance to build your stamina. Those are all choices.

How long you live often is determined by how you care for yourself. Care for yourself as if you'll live to be 100 and you may very well.

Red Skelton, a comedian from the 1960's said, 'If I had known I'd live this long, I'd have taken better care of my body.'

It's your body, it's your earth vehicle, and it's your bucket. Take care of it, and it'll take care of you.