

BUCKET LIST RACE PLANNING WORKSHEET

Making a Dream a Reality

BIG PICTURE

What race or event do you want to complete?

Why? Why is this important to you?

What image, word or idea can you use as an energy boost when you need a burst of optimism?

PLANNING FOR THE NITTY GRITTY

Research the Important Dates.

For example: When is the race? When is registration? How long will you need to train?

What can you start to do now to prepare?

What are some of the potential obstacles you may encounter?

For example: lack of time or money

What can you do now to avoid or minimize the impact of these obstacles?

For example: begin saving \$5 a week in a bucket list fund

What are your specific to dos to make this event happen? What additional research is needed?

For example hotel or travel research, information on the race entry or lottery process.