# 6 steps to crossing anything off your bucket list - TEDx

Ben and his friends started The Buried Life in their parent's garage in 2006. They made a list of '100 things to do before you die’ and for every list item they accomplished, they helped a stranger to do something on his or her own list. What began as a two-week road trip quickly became something bigger.

Online at <https://www.youtube.com/watch?v=H6Y7mfxEaco>

Directions: Watch and listen to the video to take notes on the six steps that are recommended for achieving your goals and dreams.

1. Think about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-
2. \_\_\_\_\_\_\_\_\_\_ your list down
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about your list
4. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = show a willingness to take bold risks; daring; fearless; courageous
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

See more about how this project began among four friends:

**How Death Saved My Life: The buried life**(online at <https://www.youtube.com/watch?v=SVZ-9DBFN3w>)