

 e-tips ...*to help you Live Well*

## What 100 things do you want to do with your life?

Stacy Taniguchi started making a simple list of 100 things he wanted to do in his life when he was just 16. His list led to amazing adventures including building his own house, flying planes, and teaching at BYU. He encourages all of us to create our own list of 100 items - and he shares a few rules that are worth considering.

1. Decide to thrive in your life and prioritize how you're going to do it. That's different than just enduring whatever comes your way.
2. Know your governing values and list things that bring you closer to them. This rule reflects the importance of knowing what's most important to you and not comparing your lists to others.
3. You can't take anything off your list. Taniguchi believes that if it was important to you at one point, then it's always worth doing. Personally, I disagree. My list needs some room to grow and change - but I do believe in finding worthy replacements. Instead of running a marathon, for example, I'm going to do a readathon. To be sure I'm well-hydrated and get my cardio, I'll have plenty of Diet Coke and include some scary murder mysteries!
4. Choose wisely as you draft your list, especially if you're going to follow Rule #3. These lists don't have to be completed quickly - you can take your time. Taniguchi took years to finalize his. And there's good news: You can list things you've already done.
5. Put items on your list that will better yourself and uplift others. Ask yourself: Will this make me a better person, or will this help others?
6. Take some risks. Pick things that will stretch you and will give you the opportunity to feel the fear and do it anyway. Skydiving, anyone?

In my life, this is a good time for me to make my 100 list, especially to review what I can already check off. Looking forward, I want to live with intention - but have room to breathe a little more and play a lot more. What about you? Would a 100 list help you thrive? Is this an idea to introduce to your children?

If you want to read more about Stacy and print off a numbered template for your 100 list, check out the most recent BYU Magazine at <https://magazine.byu.edu/article/100-list/>. It's worth reading.

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