

TOASTMASTER®

January 2011



Creating Your Bucket List

How to set amazing goals
and achieve your dreams.

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Creating Your BUCKET LIST

How to set amazing goals and achieve your dreams.

By Craig Harrison, DTM

Kick the Bucket: To die, pass away (English slang).

Bucket List: A list of aspirations one wishes to achieve in one's lifetime before dying.

The Toastmasters Bucket List: A list of personal or professional goals within Toastmasters or resulting from involvement with Toastmasters clubs, contests or curriculum.

In *The Bucket List* (Warner Bros., 2008), a movie starring Jack Nicholson and Morgan Freeman, two men facing terminal illness realize they have limited time to achieve their goals. They construct a list of places to visit and experiences to enjoy; then they set about achieving them.

But why wait until you're old or ill to pursue aspirations you yearn to achieve? Now is the time to make your list, announce your intentions to others and work to achieve your dreams. Your Toastmasters club and worldwide network are poised to assist you in pursuit of all the goals on your Bucket List.

Your Toastmasters Bucket List

Earning educational awards all the way to your DTM is fantastic. You can set other goals for yourself as well. As Past International President Helen Blanchard puts it, "If you get out of Toastmasters all there is to get out of Toastmasters, you'll never get out of Toastmasters." My question is: What else, in this lifetime, would you like to achieve as a Toastmaster?

Consider 53-year-old Buddy Burke, CL, of Sunrise Toastmasters in Walnut Creek, California, who ran for Congress in California's 10th District in 2010.

"It was something I always wanted to do. The only question was when." The catalyst: Toastmasters! "I felt like I was five steps ahead due to my Toastmasters experience," said Burke, who entered the race with just two months to go. "I hit the ground running, using my communication and leadership skills gleaned in Toastmasters. Table Topics really helped me with the question-and-answer sessions in my campaigning." Buddy's second club, Tales and Tellers in Danville, California, helps him hone his storytelling skills to connect with voters on a heart level. Though he lost in the primary, he identified 32 lessons he learned from the experience, and plans to run again.

Your Bucket List — Inspired by Toastmasters

Many famous people – politicians, actors and business tycoons – have used Toastmasters to propel them to greatness. You can, too. Your Bucket List may be filled

with goals and dreams inspired by Toastmasters, or made possible by the skills, confidence, experiences and relationships forged through your Toastmasters experience.

For inspiration, have you thought about what you like? From there, it's easy to formulate goals:

You: I like to speak and I love to travel.

Goal: Speak to clubs in all 50 United States, or in every province in Canada or China, or to clubs on every continent.

You: I like to compete in speech contests.

Goal: Win the World Championship of Public Speaking.

You: I like to share what I've learned and help others find success in life.

Goal: Start a Youth Leadership Program at a local high school.

You can also choose goals based on the tools you've developed in Toastmasters.

You: I can share the gift of improved communication and leadership skills.

Goal: Start a club at your favorite nonprofit or other organization dedicated to improving life in your community.

You: I've learned a lot about leadership, communication and conflict resolution.

Goal: Run for political office on the local or national level – or for a seat on Toastmasters' International Board of Directors.

The key is that you go for your goal – building on what you have learned so far – and that it be meaningful, powerful and transformative. "If you have a dream, go for it." So says Marshall Goldsmith, best-selling author, management guru and executive coach. "If you don't try to achieve your dreams when you are 25, you probably won't when you are 45, 65 or 85. None of us will achieve all of our dreams."

Goldsmith, the author of *Mojo* and *What Got You Here Won't Get You There*, helps top executives make lasting changes to increase their effectiveness. He advises: "The key question is not, 'Did I achieve all of my dreams?' The key question is, 'Did I at least try?' Old people almost never regretted the risks they took that failed. They almost always regretted the risks that they failed to take."



In that spirit, I'm taking 2011 to fulfill some of my lifelong Bucket List goals. Among the dreams I plan to work toward are:

- **To tell a tasteful joke in Mandarin**, from memory, at the Shanghai Humor Bilingual Toastmasters in Shanghai, China. (First step: learn Mandarin.)
- **To be a featured storyteller** at the National Storytelling Festival in Jonesborough, Tennessee. (I accomplished one step by participating in an open mic storytelling event at the festival in 2005.)

Now It's Your Turn: Ready, Set Goal!

It may not be easy for you to decide on goals for your list. Don't be afraid to reach for the ambitions of a lifetime. The good news: Ideas put to paper take on a power of their own. Whether you meditate on it alone or hold a brainstorming session with others, you can formulate a spectacular Bucket List. The following questions can help:

Where else do I want to go?

What else do I want to achieve?

Who do I want to become?

Use the answers to build your list. Your goals can be an exciting blend of people to meet; places to visit or live; and companies to work for, do business with or emulate when starting your own enterprise. Are there significant events you want to attend? Would you like to run with the bulls in Pamplona? Create your own reality TV show? Play at Carnegie Hall? Experience the Summer Solstice at Stonehenge in England? How about the Cherry Blossom Festivals in Japan in April? The ideas end where your imagination stops.

Your List Should Be Under Constant Construction

Author, entrepreneur and former Toastmaster Harvey Mackay told me his friend, American Hall of Fame football coach Lou Holtz, once made a list of 108 goals he had for his life. Among his goals: Win a national championship in college football, meet the Pope and parachute out of an airplane. Each time he achieved one of his goals he checked it off his list ... and replaced it with a new goal!

Ask yourself, "What's new that I want to achieve?" Remember to continue to be bold. In fact, as you check off ambitious goals, you should gain the courage to add even more amazing dreams. Allow the items on your list to stretch you as a human being.

When you've created your initial list and you're ready with plans for more goals, the next step is to start making them happen.

Achieving Your Bucket List Goals

Remember these guidelines to help you work through your list:

- **Set it in cement.** Whether you handwrite or type your list, number each goal and commit it to paper. (Keeping it "in your head" will hold you back.)
- **Love the adventure.** Don't just write your ambitions down; post them so you can see them regularly. Whether goals are framed on your office wall, displayed on your computer screen or read aloud before you go to sleep each night and then upon waking – be "in a relationship" with your Bucket List goals.
- **Share the list** through speeches, conversations with others, your writings, journaling, blogging, tweeting and more.
- **Ask yourself: Can the High Performance Leadership program help?** Many Toastmasters find it facilitates achieving all or part of their goals.
- **Find resources.** Remember, the Toastmasters online store has resources to help you achieve your goals.
- **Generate fans.** Use social media to share your Bucket List with your network and garner support from around the world. Communicate with them regularly about your successes and setbacks. There is great power in numbers.
- **Review your progress weekly.** As you work toward a particular goal, turn it into a mantra. You can even record affirmations related to your goals to listen to while exercising or meditating, or before falling asleep.
- **Ask yourself: Who can help?** Build your dream team of local supporters. Don't forget your Toastmasters



Tell a joke in Mandarin...Run for political office...

network: your club, your district, Toastmasters' LinkedIn and Facebook communities and other groups around the globe.

- **Visualize each goal completed.** What does it feel like, sound like and look like?
- **Identify logical steps along the way.** By breaking down your fantastic goals into smaller steps or phases, you can tackle even the most complex or difficult goal and make it reachable.
- **Hold your vision at all times.** On sunny days and rainy days.
- **Celebrate!** Rejoice in each step achieved along the way (privately and with your team).
- **Keep the faith.** Understand that some items will occur almost effortlessly while others will appear to be unattainable. Achieving one may open new and unexpected doors to others. You can't always predict, nor dictate, the order in which your goals will be realized. But work toward them every day, week and month.

A Happy Ending

"When thinking about a goal, ask yourself, 'How do I want this story to end?' Then choose to live in the story that will have this happy ending." So advises Marcia Reynolds, author of *Wander Woman: How High-Achieving Women Find Contentment and Direction*. Reynolds reminds us all that we have little to lose by pursuing our Bucket List. "Most of the time people react to a fear that is unclear," she says. "Once they articulate the possible consequences, they see that the risk is not that big. In fact, the possible gain of freedom, pride and joy is much greater than the possibility of loss."

With this in mind, you can build a lot of happy endings before the end of your life. **T**

Craig Harrison, DTM, of Berkeley, California, is a past district governor, a professional speaker, author and founder of Expressions of Excellence. Contact him via www.expressionsofexcellence.com/toastmasters/.

Achieving Your Toastmasters B CKET LIST

**The
Bucket List:**
A list of
aspirations
one wishes to
achieve in one's
lifetime, before
he or she "kicks
the bucket" &
expires.



**The
Toastmasters
Bucket List:**
A list of professional
goals within
Toastmasters or
resulting from
involvement with
Toastmasters clubs,
contests, curricula, to
be pursued
in one's lifetime.



***What's
In
Yours?***



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Toastmasters: A Means to Many Ends

Where do you want to go in life?

What do you want to do in life?

Who do you want to become in life?

**Toastmasters
helps you
get there**

Consider these "Bucket List" goals:

- ❖ Win the World Championship of Public Speaking
- ❖ Deliver a TED Talk (www.TED.com)
- ❖ Speak to clubs in all 50 United States
- ❖ Speak to clubs on every continent
- ❖ Start a club at your company, for your favorite non-profit or NGO.
- ❖ Host your own TV Show
- ❖ Start a Gavel Club at a local correctional institution
- ❖ Get an article published in *Toastmaster*, *New Yorker* or *O* magazine
- ❖ Run for Mayor or Governor, President or Premier and get elected!
- ❖ Give a speech to the United Nations
- ❖ Serve as International President of Toastmasters International

WHAT'S ON YOUR BUCKET LIST?

1. _____
2. _____
3. _____
4. _____

It's time to "Aspire and Achieve!"

GOAL: _____

What will success look like? _____

Who is on your team? _____

What resources can assist you? _____

What Milestones will you establish along the way?

1. _____
2. _____
3. _____

What is your first step? _____

What will you do if/when you get stuck? _____

When do you plan to complete this goal by? _____

Your Signature

Date

Accountability Partner

Resources At Your Disposal

People



Books/CDs/DVDs

TI Programs (HPL, manuals, etc.)

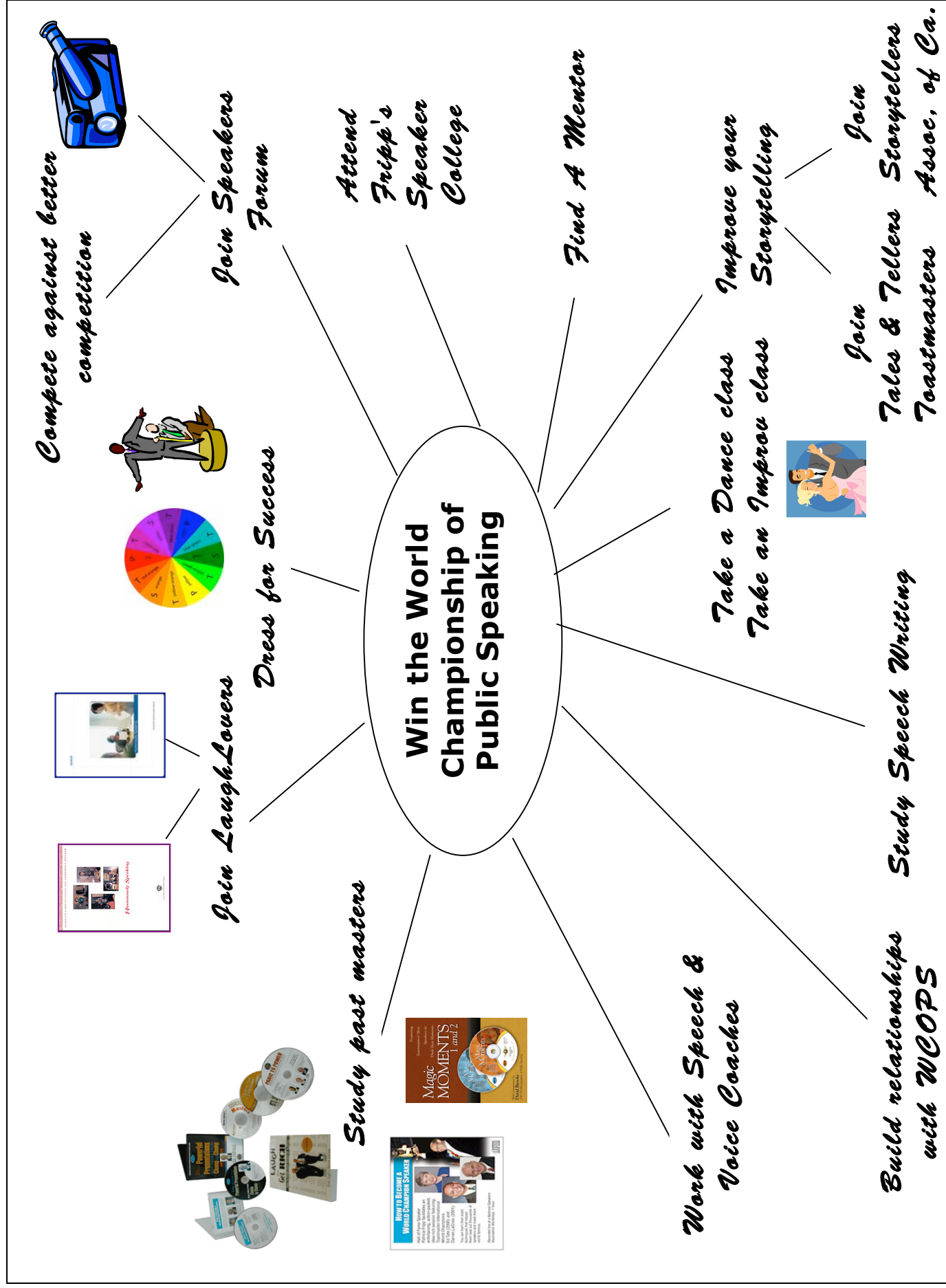
TI Roles/Events (Club/Dist. positions?)

Tools (Software, etc.)

Events (conferences/webinars, etc.)

Professionals

How Can Social Media Help?





Achieving Your Toastmasters **B****CKET LIST**

Accountability Record

Date: _____

Name: _____

Goal: _____

Due By: _____

Call you? _____
(phone)

E-mail you? _____
(print e-mail address)

Congratulations!

[keep this copy; drop other in bucket]

FAX: 928/569-0664

Craig@ConsummateToastmaster.com

Achieving Your Toastmasters **B****CKET LIST**

Accountability Record

Date: _____

Name: _____

Goal: _____

Due By: _____

Call you? _____
(phone)

E-mail you? _____
(print e-mail address)

Congratulations!

[keep other copy; drop this copy in bucket]

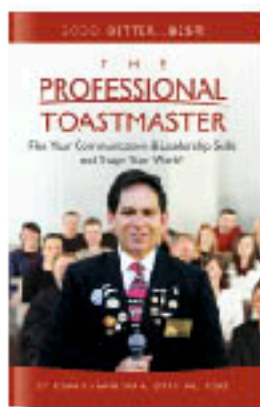


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Feedback Form for CRAIG HARRISON



Achieve Your
Title: Bucket List! Date: 5-8-10 Audience/Location: D-57 Spring Conf., Vallejo CA

What I liked most about Craig's presentation was: _____

What I liked least about Craig's presentation was: _____

One thing I will take away from this presentation: _____

Recommendations on companies, groups, organizations or people who might appreciate this or other presentations of Craig's: _____

May Craig quote me? _____ Name & Title: _____

Please send me information on other training and speaking topics of Craig's:

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- ☐ Take the Chill Out of Cold Calls
- ☐ Story Tell, Story Sell: Sales Through Storytelling
- ☐ The Tao of Networking
- ☐ Enhancing Your Workplace Credibility Quotient
- ☐ Jest Practices: Humor in the Workplace

Customer Service

- ☐ The Voice of Customer Service (Phone Support)
- ☐ Turning Customer Service Inside Out (Internal Service)
- ☐ Stellar Service! 101 Service Techniques for
- ☐ Handling Difficult Questions & Questioners
- ☐ Teaming With Success (Team Building Skills)
- ☐ Expressions of Excellence (The Case for Quality)

All information sent in the form of PDF files

My e-mail is: _____ (Please print)



Thank you!
Craig

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