

Julie's Top 100 Things to Do in your Lifetime List (As of May 2013)

Here is my list. I do many of these, in part, every single day. It is a work in progress...

- ~~1. Write and publish a book that changes lives and makes the pearls of wisdom of life coaching available to everyone! (Done 2012)~~
2. Create and Sell CD/DVD/Downloads sharing life coaching with any and everyone interested.
3. Create a kick ass booming business making 6 figures or more.
4. Travel around the world on speaking/workshop tours – especially sharing with women in developing countries.
- ~~5. Create some professional alliances and collaborations with dynamic and inspiring business women/men. (Winter 2013 – Still Going Strong!)~~
6. Travel to Japan.
7. Live abroad with our family.
- ~~8. Travel as a family around the world. (Summer 2013 – Greece, Italy, Turkey, Croatia and more in the years to come!)~~
9. Live in a home (maybe a winter or summer home) in the mountains or very woodsy area.
10. Live long enough and healthy enough to dance at my grandkids bar/bat mitzvahs.
11. Study yoga in India.
12. Do yoga on every continent. (6 continents covered)
13. Go back to the Greek Islands and just hang out there with my husband for a month. (2013 – Doing this with the Zeffs for 2 weeks!)



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14. Do a triathlon.
15. Take a ride in a hot air balloon over some beautiful scenery.
16. Participate in a silent meditation retreat.
17. Keep up a beautiful garden.
18. Paint a room in my house or the house itself.
19. Learn to Pole dance.
- ~~20. Do a lap dance for my husband.~~ **Done 2010**
21. Scuba dive all over the world.
22. ~~Slowly drive cross-country.~~ (Fall 2012 – Drove solo with my three kids from L.A. to Atlanta)
23. Bike ride through the hills and small towns of Italy for a week or two.
24. Ski a double black-diamond run.
25. Learn to fully accept and love all of who I am.
26. Fully love and accept all of who my kids are.
27. Get over any fear of success or failure that holds me back.
28. Know my truth and speak it with love and awareness always.
29. Do laughing yoga.
30. Do yoga naked in a forest.
31. Do yoga naked in the desert.
32. Camp for a week under the stars with no electricity or running water.
- ~~33. Attend a Tantric Workshop with my husband.~~ **Done 2011**
34. Live from my heart (Love Smiles) always!
35. Wear a super elegant and poufy ball gown to a super fancy party.
36. Invite everyone that I know and love to huge bash.
37. Spend a whole day reading a book.



38. Teach women in third world countries how to get what they want.
- ~~39. Eat junk food for dinner and not feel guilty. **Done 2011**~~
- ~~40. Dance in the living room with all three of my kids. **Done 2010**~~
- ~~41. Cuddle and play in bed with my husband and three kids. **Done 2011**~~
42. Attend the gymnastics Olympics.
- ~~43. Get in good enough shape to do a round-off flip flop again. **Done 2010**~~
44. Visit the Pyramids.
45. Release my fear of death.
46. Meet and talk to a homeless person really understanding his/her story.
47. Climb an active volcano.
48. Be Annie.
49. Star in a musical.
50. Learn to paint.
51. Paint in my studio.
52. Learn to East or West Coast Swing Dance doing flips and turns and fancy things!
53. Hire a team to work with me.
- ~~54. Have a movie night with my kids and husband eating popcorn and cuddling. **Done 2010**~~
55. Play charades with family for game night. (2013 – I do this with my kids and husband at dinner.)
56. Make up a dance with my kids and perform it for my husband or other friends and family.
57. Hear my kids read me a book. (2013 – 2 of three kids have read to me!)
- ~~58. Learn to play the guitar and to sing as I play. **Done 2100**~~



59. Read a whole Sunday newspaper (all of the parts that interest me).
60. Learn to Belly Dance.
61. Get a massage with two massage therapists at a time.
62. Visit Santa Fe, New Mexico and Austin, Texas.
63. Be in a movie (have lots of lines.)
64. Visit all 50 states.
- ~~65. Ride a horse on my own through the woods. (2012 – Family Camp)~~
66. Watch someone else give birth.
67. Have a pajama party.
68. Rent a bouncy house and have a party for just adults.
69. Crochet a sweater.
70. Sew a dress.
71. Do a TV interview.
72. Host an exchange student.
73. Have a super hot hot tub in my backyard.
74. Make a gingerbread house from scratch.
- ~~75. Show my kids my old photos and mementos. **Done 2011**~~
76. Water Ski.
77. Grow my own vegetables.
78. Get a dog.
79. Stay in my pajamas & in bed for one day pampering myself when I feel healthy.
80. Do a 1000 piece puzzle.
81. Run naked in the rain.
82. Pay the toll for 5 people behind me.



83. Camp out in my backyard.
84. Write inspiring messages all over the neighborhood with sidewalk chalk.
85. Keep up with my scrap books.
86. Visit the Great Wall of China.
87. Visit the Taj Mahal.
88. Visit Alaska when it is light most of the day.
89. Learn to fly an airplane.
90. Milk a cow.
91. Do what it takes so that everyone I know feels how amazing they are.
92. See the absolute best in everyone I meet.
93. Smile at everyone I see.
94. Laugh everyday for the rest of my life.
95. Have a big party to celebrate my life while I'm still alive.
96. Reminisce about our life together (with my husband) when we are 80.
97. Celebrate my 55th Wedding Anniversary with Ken.
98. Chop wood.
99. Grow citrus trees in my yard.
100. Have a palm tree in my yard.

