

# Life Experiences Exercise

## Master List

What have you done in your life? Here are 303 Life Experiences to review. They are separated into 16 different categories such as Career, Education, Hobbies, and Social. Great experiences, big or small can happen at any time. They might have been planned. Some just happened. Some were good – others were traumatic. Read through them to find any that might jog your own life memories. Yes, you do have stories to tell!

## 303 Life Experiences

### Adventure

- Elope in Rome
- Own a motorcycle
- See an iceberg
- See a glacier
- Ride a monorail
- Ride a subway
- Ride in a double-decker bus
- Ride a Jet Boat
- Ride a kayak
- Ride a Hovercraft
- Ride in a Hot Air Balloon
- Board a Super Tanker
- Ride in a Tugboat
- Climb a significant mountain
- Drive a motorboat
- Jet ski
- Drive a snowmobile
- Swim in a high surf
- Skinny dip
- Ride in an army tank
- Fly in a helicopter
- Go aboard a nuclear powered ship
- Board an aircraft carrier
- Board a submarine
- Fly in a jet fighter
- See actual moon-rocks
- Experience true gravitational weightlessness
- Ride a roller coaster
- Go down a high water slide
- Touch and pet dangerous, wildlife
- Ride on an elephant
- Ride a horse
- See a whale
- Swim with the dolphins
- Dangle on a rope from a

- hovering helicopter
- Drive a bulldozer
- Visit a war zone
- Explore a large cave
- Walk through a Jungle
- Fly in a Sea Plane
- Climb an oil storage tank
- Participate in a parade
- Hitch Hike between towns
- Ride in back of a Pick Up Truck
- Ride in a Trailer Truck
- Hitch a ride in a boxcar
- Jump off a 5 meter Diving board
- Go DOWN the UP escalator
- Panhandle
- Gamble in a casino
- Climb a Fire Tower
- Experience Virtual Reality

### Career/Jobs/Work

- Have the perfect job
- Perform shift work
- Be the boss
- Hire/fire someone
- Work in a hospital ER
- Perform heavy manual labor
- Be self-employed
- Become a Board Member
- Become President of an association
- Work at two or more jobs
- Receive a job related award
- Join a Task Force
- Have an office romance

### Creative

- Write a screenplay

- Write a stage play
- Write a radio drama
- Create a love poem
- Write a love letter
- Write a Letter to the Editor
- Win a literary competition
- Get published
- Write a novel
- Write a novel on a deserted South Pacific Island
- Begin a journal

### Culture

- Drive a luxury vehicle
- Ride in a stretch limousine
- Drink an expensive wine
- Live abroad
- Dine in a castle
- Know people from around the world
- Live in a culturally diverse neighborhood
- Work in a culturally diverse workplace
- View original works of art by famous artists
- Be part of a professional film production
- Attend a professional stage show
- Attend a Book Reading
- Own an original Picasso sketch
- Have a self-portrait made
- Visit a Refugee Camp
- Speak two or more languages
- Meet a successful author

## Events

- See a U.S. President
- See the Queen
- Shake hands with a national leader
- See a foreign leader
- Shake hands with Royalty
- Talk with Royalty
- Attend a massive outdoor concert
- See the Northern Lights
- Experience an earthquake
- Experience a hurricane
- Experience a tornado
- Experience an eclipse of the sun
- Own a piece of the Berlin Wall
- See a shooting star

## Family Matters

- Happily married
- Purchase a home
- Own a cottage
- Have a daughter
- Have a son
- Have twins
- Experience or witness childbirth
- Cultivate relationship with relatives
- Research family tree
- Write my life story

## Financial

- Create a budget
- Win over \$100 in a lottery
- Save ten percent of my salary
- Invest in stocks and bonds
- Lose money in stock market
- Loan money to someone

## Health

- Lose 50 lbs
- Have major surgery
- Have a professional massage
- Have Reflexology
- Attend Yoga classes
- Have physio
- Stay healthy
- Long Distance walking
- Be hypnotized

## Hobbies

- Become an authority in a chosen hobby field
- Begin a coin collection
- Begin a stamp collection
- Design and build a workshop
- Fly a kite
- Build a model railroad village
- Grow a garden
- Own a chainsaw
- Make money from my hobby

## Learning – Education

- Obtain a university Degree
- Get an 'A+' as a final university course mark
- Make the Dean's List
- Create & Teach a Course
- Learn a new language
- Learn a martial art
- Learn to drive a standard transmission vehicle
- Master a Video Game
- Learn how to cook
- Computer literate
- Understand the stock market
- Build a website
- Learn how to juggle
- Learn to Ballroom Dance

## Music

- Play a musical instrument
- Be able to read music
- Own a digital keyboard
- Own an expensive guitar
- Attend a symphony performance
- See my favorite musical act
- Have a back-stage pass for a major musical act
- Get a rock star's autograph
- Compose music
- Jam with a band
- Play in a band

## Personal Development

- Take more chances
- Dislike no one
- Better memory recall
- Remember peoples' names
- Become more self-confident

- Improve lateral thinking skills
- Be more disciplined
- Be more assertive
- Have better leadership skills
- Overcome hardship
- Conquer an addiction
- Find true love
- Fall in love hard
- Join Toastmasters
- Conquer fear of speaking in public
- Be arrested for a noble cause
- Be a mentor to someone
- Succeed or fail in life with grace
- Help others
- Know what it is like to love, lose and grow from it

## Social

- See Third World poverty up close
- Have lasting friendships
- Have special friends of both sexes
- Advocate for children in society
- Be a Dinner Speaker
- Receive a standing ovation
- Run for political office
- Reconnect with first best friend
- Meet a millionaire
- Meet a billionaire
- Correspond with a famous star
- Send a message in a bottle
- Taste the perfect chocolate chip cookie
- Create your own secret recipe
- Shopping spree in a book or music shop
- Attend a press conference
- Meet an influential regional or national person
- Speak to an astronaut
- Take part in a demonstration
- Give a videotaped deposition to police
- Sit on a jury
- Live on all sides of town
- Be interviewed on radio

- Be Interviewed on TV
- Go to a Drive-In Theatre
- Have a dog/cat/bird
- Own a convertible
- Own a sports car
- Own a vehicle for every day of the week
- Own a fine wine
- Grow a beard or moustache
- See a Nobel Prize winner

### **Spiritual**

- Donate anonymously, a large sum of money to a charity
- Have a prescient dream
- Attend Muslim – Jewish – Christian ceremonies
- Walk on fire
- Hug a witch
- Grow in faith
- Forgive another
- Do the 12 Stations of the Cross in Jerusalem
- Attend a human birth
- Go on a retreat
- Spend Christmas in the desert
- Stay for a month in an isolated cabin on a far-away lake
- Spiritually comfort someone who is dying
- Save a life
- Witness a miracle
- Write caring letters
- Receive caring letters
- Help the lowest of the low
- See the joy radiate from someone's eyes

### **Sports**

- Be good at a sport
- Snowboard

- Ski
- Ski in the Rockies
- Spend a full ski/snowboard week at a Ski Lodge
- Scuba Dive
- Try surfing
- Attend the Olympic Games
- Run a marathon
- Use a trampoline
- See a professional baseball game
- See a professional soccer game
- See a professional hockey game
- See a Rodeo
- See the Harlem Globetrotters
- Water Ski
- Try parachuting
- Try rappelling
- Bat against a professional baseball pitcher
- Go hunting
- Go fishing
- See a Bullfight
- Steer a sail boat

### **Travel**

- Have dual citizenship
- Cross the equator
- Go on a cruise
- Work on a ship
- Travel frequently
- Visit Transylvania
- See the Danube River
- Tour a European castle
- Visit the Tropics
- Drive across the continent
- Visit every continent
- Walk from one continent into another
- Visit all 50 states
- Visit all 10 Canadian provinces

- Stroll on a sandy ocean beach at sunset
- Drive on the Alaska Highway
- Live and love in Vienna
- Get lost in Venice
- Visit New York
- Visit Auschwitz
- Visit Cape Town
- Stand at Cape Agulhas, the southern tip of Africa
- Sail through the Panama Canal
- Cross the Mississippi River
- Visit Texas
- See Niagara Falls
- Summer in Cote D'Azur, Provence
- Ride the Trans-Siberian Express
- Stand alone somewhere in Siberia
- See the Rocky Mountains
- See Mount Everest
- Travel far with a friend
- Walk the Appian Way in Rome
- Travel aboard a freighter
- Ride up front in a train
- Travel alone on a train
- See a desert
- Be the most Easterly – Westerly person in my country
- Stand in two countries at the same time
- Return to my hometown
- See where President Kennedy was assassinated
- Visit a Foreign Embassy
- See all the Great Lakes in one day

*Life Experiences – Your Own Life*

Here's your opportunity to start jotting down some of the things you've done in your life. The categories are the same as above. Have fun!

**Adventure**

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**Events**

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**Hobbies**

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**Career/Jobs/Work**

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**Family Matters**

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**Learning – Education**

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**Creative**

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**Financial**

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**Music**

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**Culture**

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**Health**

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**Personal Development**

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**Social**

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If you've listed several life experiences above, you have stories to share. During our shipboard sessions you will have the opportunity to explore some of these in a small group setting.

**Spiritual**

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**Sports**

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**Travel**

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