

| I'd like to do this | I've done this | others who have done this |
|--|--------------------------|---------------------------|
| <input type="checkbox"/> work because I like to, not because I have to | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> go camping by myself | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> spend more time with my dad/mum | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> read more books | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> grow a vegetable garden | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> read all the books I own | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> record an album | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> live on a farm | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> be less envious of others | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> set a world record | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> learn to drive | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> sell stuff on eBay | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> get a puppy | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> stop biting my nails | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> start a blog | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> spend more time with my son/daughter | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> take voice lessons | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> go to church every week | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> write a novel | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> finish my PhD | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> reconnect with old friends | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> visit the 7 wonders of the world | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> get an MBA | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> stop procrastinating and get organized! | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> brew my own beer | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> get married | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> learn to play the guitar | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> take dance classes | <input type="checkbox"/> | _____ |

| I'd like to do this | I've done this | others who have done this |
|--|--------------------------|---------------------------|
| <input type="checkbox"/> learn how to cook 10 good meals | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> pay off my debts | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> cycle more | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> have my own domain name | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> get my pilot's license | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> learn to play the piano | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> build an incredible tree house | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> not swear so much | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> learn to Salsa | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> update my blog more often | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> project movies on my wall | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> visit every continent | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> climb to Mt Everest base camp | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> run an animal sanctuary | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> learn sign language | <input type="checkbox"/> | _____ |

5 things I'd like to do

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

from the 43things.com website

Write down your goals

People have known for years that making a list of goals is the best way to achieve them. Why is that? First, getting your goals in writing can help you clarify what you really want to do. You might

find you have some important and some frivolous goals. That is OK. You've got space for 43 Things on your list. Not every one of them has to change the world (but save room for the ones that might).

43 Things

Get Inspired

What do you want to do with your life? It is not an easy question to answer – and you shouldn't have to answer alone. Browse 43 Things to find out what others want to do. You might find some goals you share. Click the "I want to do this" button to add a goal to your list. Got an idea for a new goal? Just type it in the text box on the homepage or at the bottom of any page on the site. Bam. Now, it's your thing.

Share your progress

We all have stories about what we care about. Writing down your progress on a goal can help someone else learn about something you both want to do. When you see a goal you've achieved, click on the "I've done this" button and share a story about how you did it.

Why is it called 43 Things?

Everything needs a name. We think 43 is the right number of things for a busy person to try and do. Why not more? It's too much. Why not less? You can do less, but it is still called 43 Things.

Why would I want to do someone else's goal?

Other people often have great ideas. You can get inspiration from others. Adopt a goal as your own or set up your own goals from scratch. Either way, 43 Things can help you document your success, share information, and make progress on what matters to you most.