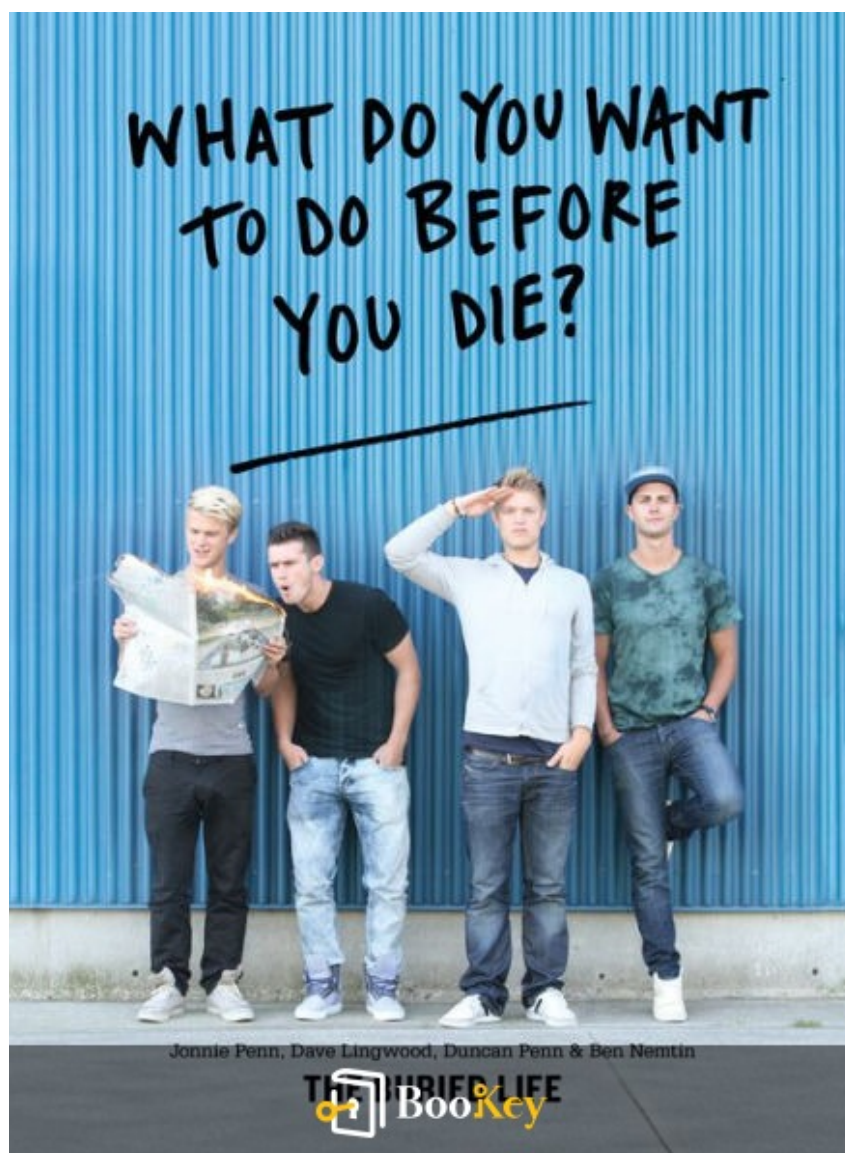


# What Do You Want To Do Before You Die? PDF

The Buried Life, Dave Lingwood (With), Ben Nemtin (With), Duncan Penn (With), Jonnie Penn (With)



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# About the book

What Do You Want to Do Before You Die?

An Illustrated Guide to Your Wildest Dreams

Dive into a captivating illustrated collection that brings to life 200 of the most moving, imaginative, and daring experiences to tick off your bucket list. Curated by Ben, Dave, Duncan, and Jonnie—the inspiring founders of *The Buried Life*—this book features stunning handmade artwork that adds a unique, personal touch to each dream.

These four ordinary men are on a life-changing quest to achieve 100 goals before they pass on, and their journey is not just about themselves. With each milestone they conquer, they lend a helping hand to strangers eager to fulfill their own aspirations.

Why We Created This Book:

Our intention with this work is to spark something within you. We want you to pause and reflect deeply on what genuinely matters in your life. In the hustle and bustle of our daily routines, we often prioritize the desires of others over our own true yearnings. This book prompts you to tune into your heart and intuition—where true bucket list aspirations should originate.

Imagine a world where anything is possible. What would you chase? Even if

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those dreams seem out of reach, ask yourself: what do you truly wish to achieve before your time runs out?

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# What Do You Want To Do Before You Die?

## Summary

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# Who should read this book **What Do You Want To Do Before You Die?**

The book "What Do You Want to Do Before You Die?" by The Buried Life is an inspiring read for anyone seeking a deeper understanding of their personal aspirations and dreams. Ideal for young adults grappling with life choices, those in transition periods, or individuals looking to rekindle their sense of adventure and purpose, this book serves as a motivational guide. It encourages readers to confront their fears, take action towards their goals, and emphasizes the importance of community and shared experiences. By highlighting the transformative power of being open about one's desires, the book resonates with anyone who wishes to live a more fulfilling life.

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# Key insights of What Do You Want To Do Before You Die? in table format

Title	What Do You Want to Do Before You Die?
Authors	The Buried Life, Dave Lingwood, Ben Nemtin, Duncan Penn, Jonnie Penn
Genre	Non-fiction, Self-help, Inspiration
Published	2010
Overview	The book encapsulates the journey and mission of The Buried Life, a movement started by four friends to inspire people to pursue their dreams and complete their bucket lists.
Key Themes	<ol style="list-style-type: none"><li>1. Dream Pursuit: Encouraging individuals to think about their passions and goals.</li><li>2. Vulnerability: Sharing personal fears and aspirations to connect with others.</li><li>3. Uniting People: Using experiences and stories to bring communities together.</li><li>4. Realization: Taking actionable steps towards achieving one's dreams.</li></ol>
Target Audience	Individuals seeking motivation, inspiration, or guidance on setting life goals.
Format	Combination of personal anecdotes, interviews, and overarching themes of personal growth.
Significance	The book motivates readers to confront their fears, embrace their dreams, and create meaningful experiences before they die.

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# What Do You Want To Do Before You Die?

## Summary Chapter List

1. Chapter 1: The Provocative Question That Inspires Us All
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5. Chapter 5: Real-Life Stories of Achieving the Impossible
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7. Chapter 7: The Lasting Impact of Pursuing Your Dreams

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# 1. Chapter 1: The Provocative Question That Inspires Us All

At the heart of "What Do You Want to Do Before You Die?" lies a compelling and provocative question that resonates deeply within every individual. This question serves as the catalyst for profound introspection, inspiring countless people to confront the transient nature of life and their own aspirations. The authors, who make up the collective known as The Buried Life, share their transformative journey, which began with this very inquiry.

The essence of the question boils down to an exploration of personal desires, dreams, and the pursuits that might otherwise go unrecognized in the hustle and bustle of daily life. In a society often focused on obligations and routine, the book urges readers to pause, reflect, and consider the experiences they yearn for, but feel too hesitant to explore.

The authors provide a framework for confronting this thought-provoking question, inviting readers to think about the things they wish to achieve and the bucket list items they have either neglected or dismissed. This inquiry isn't just about achieving conventional goals like travel or career milestones; it also delves into emotional fulfillment, connection with others, and the courage to step outside comfort zones.

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Integral to this chapter is the concept of vulnerability—acknowledging fears, aspirations, and the barriers that prevent us from fully realizing our dreams. The authors emphasize how taking the time to articulate what we want to accomplish before we die can illuminate a path forward, provided we are honest with ourselves about our true desires.

Through relatable anecdotes and poignant reflections, this chapter serves to ignite a spark within readers, encouraging them to transcend societal limitations and individual insecurities. It becomes clear that the question is not merely about setting goals; it's about fostering a proactive mindset that prompts individuals to live intentionally—enhancing both personal satisfaction and life fulfillment.

Ultimately, this opening chapter lays the groundwork for a journey of self-discovery. It invites readers to envision a life where their dreams are prioritized and transformed into actionable plans. The provocative question acts as a guidepost, leading to the realization that the pursuit of these dreams can become a powerful source of inspiration, motivation, and collective consciousness, as each personal goal contributes to a larger narrative of humanity's shared quest for meaning.

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## 2. Chapter 2: The Origins of a Life-Changing Movement

The movement documented in "What Do You Want to Do Before You Die?" originated from a simple yet profound realization by a group of friends—Dave Lingwood, Ben Nemtin, Duncan Penn, and Jonnie Penn. This movement did not begin as a grand scheme or a polished project; rather, it was born out of the familiar struggles of young adulthood, a period marked by uncertainty, fear, and the quest for meaning in life.

The story traces back to a pivotal moment when these friends were struck by a profound, universal question: What do we truly want to achieve in our lives before we succumb to life's inevitable finality? This philosophical inquiry led them to confront both their deepest aspirations and their most profound fears. They were inspired to cast aside the societal norms that often dictate the limitations of our ambitions, prompting a radical exploration of their dreams.

As they embarked on their quest for self-discovery, the friends transitioned from mere discussion to action. They made a firm decision to not only articulate their personal desires but also to help others do the same. The commitment to chase their dreams turned into a collective goal, leading to the creation of a list—items ranging from the adventurous and the audacious to the meaningful and the transformative. Each item on the list symbolized a



step towards liberation from the constraints of doubt and hesitation.

In essence, the origins of this movement can be traced back to a series of road trips the friends undertook across North America. Each stop was an opportunity to engage with strangers, asking them the pivotal question that fueled their journey: "What do you want to do before you die?" Through this grassroots approach, they discovered that many people, like themselves, had unfulfilled dreams and aspirations that they had tucked away due to fear of failure or a lack of direction.

The authenticity of their interactions resonated deeply with people they met along the way, leading to poignant stories of hope, regret, and motivation. These encounters not only propelled their own dreams forward but also cultivated a broader conversation about the power of human connection and shared vulnerability.

As the movement gained traction, it became clear that this wasn't simply about creating a bucket list—it was about encouraging people to confront their mortality and the obstacles that held them back from pursuing a fulfilling life. Through its very origins, the movement revealed itself as a catalyst for change, pushing individuals to take brave steps towards actualizing their dreams and cultivating their life stories with intention.

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In summary, Chapter 2 sheds light on the humble beginnings of a life-changing movement that emerged from a passionate commitment to explore one's aspirations and empower others to do the same. It underscores the belief that when people come together to support each other in expressing their dreams, they can create a ripple effect that inspires not just individual fulfillment, but also a cultural shift towards honest conversations about what truly matters in life.

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### 3. Chapter 3: Overcoming Fear and Embracing Personal Challenges

In Chapter 3 of "What Do You Want to Do Before You Die?", the authors delve into the crucial theme of overcoming fear and embracing personal challenges as a catalyst for fulfilling one's dreams. They share how fear often acts as a formidable barrier preventing individuals from pursuing their aspirations and living authentically. The chapter emphasizes that everyone experiences fear, whether it is the fear of failure, judgment, or the unknown, yet it is the response to that fear that defines one's journey.

The Buried Life team illustrates this concept through their own experiences, recounting how they faced their fears head-on while embarking on various adventures, such as the quest to cross items off their bucket lists. They reveal that each challenge faced was not just a physical task but a significant emotional hurdle to overcome. For instance, one of the authors shares a personal story about overcoming a fear of public speaking by daring to speak on stage at a large event, transforming a moment of anxiety into one of empowerment and growth.

The narrative elaborates on how fear can serve as a powerful motivator rather than a deterrent. By reframing fear as an opportunity for personal growth, individuals can harness its energy to push themselves beyond their comfort zones. The authors encourage readers to confront fears directly,

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providing practical strategies such as setting small, achievable goals that incrementally build confidence.

Moreover, the chapter discusses the importance of vulnerability and how it can alleviate fear. The authors emphasize that sharing one's fears with trusted friends or mentors not only creates a support network but also reduces the weight of those fears, making them feel more manageable. This vulnerability fosters connection and often inspires others to pursue their own dreams, creating a ripple effect of courage within communities.

The recurring message throughout the chapter is that life is too short to let fear dictate one's choices. By embracing challenges—even those that seem daunting at first—individuals can unlock new possibilities and experiences that enrich their lives. The authors remind readers that every challenge overcome is a step toward not just achieving personal goals but also redefining one's identity and purpose.

Ultimately, Chapter 3 serves as a powerful reminder that fears can be transformed into stepping stones toward personal liberation. By actively choosing to face and embrace the challenges life presents, individuals can pursue their true passions, leave behind the comfort of the familiar, and embark on the extraordinary journey of self-discovery and fulfillment.

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## 4. Chapter 4: Creating and Sharing Your Bucket List with Others

In Chapter 4 of "What Do You Want to Do Before You Die?", the authors delve into the transformative process of creating and sharing your bucket list with others. This chapter emphasizes that one of the most powerful aspects of setting our personal goals is the way sharing these aspirations can significantly impact our commitment and drive to achieve them.

The authors initiate the discussion by highlighting the importance of articulating dreams and goals. Creating a bucket list is not merely an act of writing down what one hopes to accomplish before death; it is a critical exercise in self-reflection. By identifying desires and ambitions, individuals begin to take ownership of their life paths. Throughout this process, it becomes clear that many people have dreams waiting to be acknowledged. Through this collective acknowledgment, aspirations become real, actionable items rather than fleeting thoughts.

Once the list is created, the next step is sharing it with friends, family, or a wider community. This sharing process is depicted as a catalyst for accountability and motivation. When individuals verbalize their intentions or declare them in front of others, the likelihood of actually pursuing these goals increases dramatically. The authors provide examples of how public declarations and sharing experiences have fortified resolutions and led to

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tangible outcomes, highlighting a human tendency to rise to the occasion when others are watching.

In addition to fostering accountability, sharing your dreams helps to build a supportive network. The chapter discusses the community aspect of pursuing ambitions; when dreams are shared, others may offer assistance, encouragement, and sometimes even collaboration opportunities. The authors illustrate this idea with stories of individuals who have tackled life-changing challenges together after discussing their bucket list items. This camaraderie can foster a sense of unity and enable a group of people to inspire each other in unprecedented ways.

Furthermore, the authors emphasize that bucket lists are not static; they evolve as individuals grow and change over time. Therefore, sharing these lists fosters ongoing conversations, deeper relationships, and more significant interpersonal connections. Friends and family who are aware of each other's aspirations can provide ongoing support and can celebrate milestones together, further enhancing the journey towards achieving these goals.

The chapter also touches on the implications of connecting with others through shared dreams. Whether it is through social media platforms or community events, the act of publicly sharing these dreams can amplify



one's sense of purpose, create awareness about personal or collective ambitions, and even inspire third parties to take the leap into their own adventures.

In conclusion, Chapter 4 encapsulates the essence of creating and sharing a bucket list as a vital ingredient in the recipe for a fulfilling life. By bringing dreams into the open, individuals not only empower themselves but stand to ignite motivation in others, creating a ripple effect that can potentially change lives. This chapter encourages readers to take the leap: to write down those dreams, share them with the world, and dive in wholeheartedly, fortified by the knowledge that they are not alone on this journey.

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## 5. Chapter 5: Real-Life Stories of Achieving the Impossible

In Chapter 5 of "What Do You Want to Do Before You Die?", the authors delve into inspiring real-life stories that exemplify the journey of individuals who have transformed dreams into tangible achievements. These narratives highlight how ordinary people have faced daunting challenges and defied the odds, often inspired by the same provocative questions that sparked the authors' journey: what do we truly wish to accomplish in our lives?

The chapter opens with the story of a young woman named Emma, who, overwhelmed by the mundanity of a nine-to-five job, decided to pursue her lifelong dream of becoming a professional dancer. Despite lacking formal training, Emma dedicated herself to rigorous practice, attended dance workshops, and performed at various local events. With unwavering determination, she auditioned for a competitive television dance show. Emma's story exemplifies the power of relentless pursuit; after several auditions, she not only made it onto the show but also became a fan favorite. Her journey showcases how passion, when combined with hard work and resilience, can lead to unforgettable achievements and moments in life.

Another remarkable story featured in this chapter is that of Marcus, a man who had always wanted to climb Mount Kilimanjaro. Battling personal demons, including a past marked by substance abuse, Marcus realized that



scaling the mountain represented not just a physical challenge, but a metaphorical one—an opportunity to reclaim his life. He formed a support group, trained rigorously, and set out on this ambitious trek with friends who encouraged him along the way. Standing at the summit of Kilimanjaro, Marcus experienced a profound sense of accomplishment and clarity, proving that one can overcome both external and internal challenges through determination and support.

In contrast, the story of Linda brings forth the theme of community and collaboration. After being inspired by the Buried Life movement, Linda organized a community event to build a playground in her underfunded neighborhood. Mobilizing a diverse group of volunteers, she faced numerous obstacles, including fundraising difficulties and bureaucratic red tape. However, Linda's unwavering belief in the power of community rallied support. The playground became a reality, transforming not just the physical landscape but also fostering unity among residents. This narrative highlights how collective passion and action can lead to remarkable outcomes.

The authors also highlight the story of a group of friends who decided to embark on a global journey to visit every continent within one year. Funded by their savings and supported through a social media campaign, they documented their adventures and the people they met along the way. Their journey was fraught with challenges, from navigating language barriers to



overcoming financial constraints. Yet, they bonded over shared experiences, mirroring the essence of the Buried Life ethos: connecting with others and pushing the limits of what seems possible.

These real-life stories illustrate that achieving the impossible is not merely about reaching a specific goal but involves the entire journey—facing fears, embracing vulnerability, and learning essential life lessons. The chapter culminates in a powerful message: the achievements of these individuals serve as a lighthouse, reminding us that our dreams are within reach, regardless of the obstacles we may face.

Ultimately, Chapter 5 encourages readers to reflect on their own aspirations, to seek inspiration from others' journeys, and to recognize that with courage and determination, the seemingly unattainable can indeed become a reality.

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## 6. Chapter 6: How Reflection and Action Lead to a Meaningful Life

In Chapter 6 of "What Do You Want to Do Before You Die?", the authors delve into the profound relationship between reflection, action, and the pursuit of a meaningful life. They explore the pivotal role that thoughtful consideration and proactive measures play in transforming aspirations into tangible realities.

The chapter begins by emphasizing that reflection is not merely a passive activity; rather, it is an active engagement with one's dreams, desires, and life experiences. The authors encourage readers to take a step back and think deeply about what they truly want out of life. This introspection helps clarify personal values and priorities, allowing individuals to identify what truly matters to them. Reflection prompts questions that challenge readers to think about their current state of being and the direction in which they are heading.

Next, the authors transition into the importance of taking action following this period of reflection. They argue that while it is essential to dream and visualize a fulfilling life, dreams alone are insufficient. Concrete action steps must accompany those dreams to set the wheels in motion toward achieving them. The authors highlight the necessity of breaking down big goals into smaller, manageable tasks. By taking incremental steps, individuals can



build momentum and confidence, making it easier to tackle larger challenges down the road.

Throughout this chapter, the authors share personal anecdotes and insights from various people who have embarked on their journey of self-discovery and realization. Many have experienced great transformations after engaging in structured reflection followed by decisive action. It becomes evident that taking the time to evaluate one's life can unveil hidden passions and motivate individuals to leap into the life they desire.

Moreover, the authors discuss the interplay between reflection and action as a cycle that fuels personal growth. After taking steps toward their goals, individuals often return to reflection, assessing their progress, recalibrating their goals, and adjusting their actions accordingly. This dynamic process not only fosters resilience but also enhances creativity and adaptability in facing life's unpredictable nature.

The chapter also touches upon the importance of accountability in this journey. The authors encourage readers to share their aspirations with friends, family, or community members, as this creates a support system that can help inspire action and provide motivation during difficult times. By articulating goals to others, individuals commit themselves to those ambitions, creating a web of social encouragement that can spur further

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action.

Ultimately, the authors conclude that a meaningful life emerges when individuals engage in reflective practices and couple them with persistent action. This synergy empowers people to break free from complacency and live boldly, leading to a rich, fulfilling existence marked by personal achievements and deeper connections with others. The chapter serves as both a motivational call to action and a guide for those seeking to infuse their lives with purpose and intent.

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## 7. Chapter 7: The Lasting Impact of Pursuing Your Dreams

The act of pursuing one's dreams can have profound and lasting impacts not only on an individual's personal fulfillment but also on the wider community around them. Engaging with our aspirations transforms not only our lives but also the lives of those who witness our journeys. Throughout "What Do You Want to Do Before You Die?", the authors emphasize that the pursuit of dreams is a catalyst for change, sparking inspiration in others while fostering resilience and connection among people.

One of the most significant impacts of pursuing your dreams is the development of a mindset centered around possibility and perseverance. The authors illustrate how individuals who actively chase their aspirations often experience a shift in perspective: challenges become opportunities for growth. This mindset encourages not just personal development but also creates ripples of positive influence that can inspire others to overcome their own fears and pursue their passions. The stories shared in the book provide tangible examples of how one person's pursuit can catalyze a movement, igniting a sense of ambition and courage in friends, family, and even strangers.

Moreover, the collective venture of pursuing dreams underscores the importance of community and social support. The authors point out that

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when individuals declare their dreams and set out to achieve them, they often bring others along for the journey. This collaboration creates a shared sense of purpose. The establishment of a supportive network can help individuals feel less isolated in their pursuits, making the process richer and more enjoyable. As people come together to support each other's goals, they build deeper relationships rooted in mutual encouragement, making their collective pursuits more meaningful.

The impact of these journeys extends beyond personal circles to influence society at large. When people chase their dreams, they often engage in acts of service, advocacy, and creativity that benefit others. The authors highlight stories where dream chasers have initiated charitable projects, raised awareness for social issues, or even sparked movements for change as they follow their passions. These efforts contribute to a culture of optimism and possibility, reinforcing the idea that individual aspirations can lead to broader societal shifts.

Additionally, the pursuit of dreams fosters a legacy of inspiration. Each success story serves as a beacon of hope for others considering their own paths. The authors stress that sharing these stories not only honors the journey but also creates a repository of inspiration for future generations. This legacy encourages more individuals to dream boldly, knowing that their actions can lead to a legacy that inspires and motivates others in the long

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run.

In conclusion, the lasting impact of pursuing your dreams cannot be overstated. It is a transformative process that extends beyond personal gratification. It nurtures a positive mindset, strengthens community bonds, inspires societal change, and leaves an enduring legacy that motivates others to pursue their own aspirations. By inviting readers to engage with their dreams, "What Do You Want to Do Before You Die?" ultimately empowers individuals not only to elevate their lives but also to uplift those around them, illustrating the profound interconnectedness of our shared human experience.

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# 5 Key Quotes of What Do You Want To Do Before You Die?

1. "The only way to truly be alive is to embrace the life you're living and go after what you want."
2. "What you want is possible if you are brave enough to ask for it and work hard enough to achieve it."
3. "Life is a journey, and what you do along the way is far more significant than the destination."
4. "Dreams are what give our lives meaning; pursuing them can lead us to unexpected adventures and connections."
5. "You don't have to wait for the right moment to start living your dreams; the right moment is now."

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