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Embrace today: Start a bucket list

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Alex Moran sat at the bedsides of her ailing grandmother and her hospitalized aunt two years ago.

They spoke of what they regretted not doing, the things they wished they had made time for or not put off.

So the 24-year-old Port Huron native has decided to stop pushing back the experiences she wants to try. In fact, she and a few friends are taking the items on her aunt's and grandmother's bucket lists and completing what they couldn't.

"I think it's a lot more about realizing that you are not guaranteed every day, so you have to quit putting things off," Moran said. "I've never heard someone say they regretted doing something they've always wanted to

do."

Soon, Moran and crew will be raising money to buy an old school bus so they can travel the country completing the list.

The project is known as the Boundless Bus and will be turned into a documentary.

The bucket list includes kite boarding, going to the Kentucky Derby, grape stomping and remaking the introduction to the '90s sitcom, "Full House," while in San Francisco. The whole list is at

On Alex Moran's 'list' is kite boarding as well as going to the Kentucky Derby. Her full list can be found at boundlessbus.com. / Getty Images

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Times Herald

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boundlessbus.com and is expected to be added to as they meet

new people.

“We get in the habit of pushing things off because we think our time is endless. ... You’re wasting hours,” Moran said.

She’s also looking at helping the people they find along the way complete an item from their lists.

While the idea stemmed from death, Moran said the bucket list and Boundless Bus are not about the end of a life, but making the

most of the time you have.

While Moran’s bucket list and Boundless Bus might take more effort and dedication than some want, experts said bucket lists can be great for everyone.

“People love bucket lists, and they do make them — and I think they’re a great idea,” April Masini, an advice expert at askapril.com, said in an email.

“The reason I approve so highly is that they give people focus and structure that allows living purposefully, instead of by default. So many people waste their lives and feel regret as a result. When you compose a bucket list, you look at your life with analytic eyes, and you decide what you’d like to do or what direction you’d like to take that you haven’t. This is a wonderful tool for self-growth and relationship growth.”

The focus of the list doesn’t have to be on the end of your life, said Masini, who is based in Naples, Fla.

“You can temper the idea of things to do before you die and rename it as things you want to do to make your life successful,” she said.

“Retooling your bucket list at regular intervals, whether it’s monthly, annually, every time you have a birthday, a holiday, a high school reunion — whatever the marker — is a great way to change your definition of success. In some years, it may involve sky diving. In others, spending more time with a loved one — but the beauty of these lists is that they give you the opportunity to craft your own life, and not be someone who has life happen to them — instead, they can be people who take life and make it their own.”

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