

LeaderImpact Podcast – Episode #25 – Glenda Mitchell - Kicking Out the Bucket List

Release Date – December 7, 2022.

Episode Summary:

Glenda is a business consultant and coach, having worked in various advisory and leadership roles across a number of industries, including financial services, media, and the public sector. Born in South Africa and moving to Australia after completing her university degree, she is currently living in Florence, Italy with her husband of 30+ years.

Glenda inspires people to engage in all areas of their lives and supports them on their journey to resolve issues, set priorities, identify opportunities for growth, and ultimately to flourish. Her greatest desire is to equip people to continue their own journey and to pass on what they've learned to those in their circle. To create a spark, that lights an ember that ultimately creates a fire – of passion and positive impact.

Please join us now as we chat with Glenda about kicking out the bucket list and focusing on 'doing' rather than 'dreaming'.

How to Contact Glenda:

- LinkedIn
- Her website mitchell.news

Books/Authors Mentioned:

- *The Personal Efficiency Program: How to Stop Feeling Overwhelmed and Win Back Control of Your Work!* - Kerry Gleeson
- *In Search of Excellence: Lessons from America's Best-Run Companies* - Tom Peters and Robert H. Waterman Jr.

Show Notes:

0:00 - Show introduction

0:44 - Glenda's introduction

2:10 - Glenda shares more about herself

“Your bucket list should motivate you, not demotivate you.”

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3:45 - More about why Glenda decided to write *Kicking Out the Bucket List*

- 4:40 - She would share her experiences and people said they wanted to add that to their bucket list, which was just adding something to a list that didn't get done

5:20 - Misconceptions to the bucket list

- 5:35 - The term came about from the movie with Jack Nicholson and Morgan Freeman
- 6:03 - Misinterpretation from the movie, the characters didn't put things on a list, but doing as much as they could before they “kicked the bucket”
- 6:34 - The movie was about the doing where today, people are more focused on the list

6:54 - The shame of someone not having a bucket list

- 7:50 - Why don't you have a bucket list? Are you busy doing things or do you not have any aspirations?
- 8:35 - Do you have a bucket list that keeps growing where nothing gets checked off?

9:18 - How to kick out your bucket list

- 9:50 - The 7 P's
 - 9:58 - **Passion** - find your passion. Don't put something on your bucket list just because it is on someone else's list. You can use their passion to give you ideas. What is of value to you? The central P.
 - 10:49 - The next 5 P's can be classified “Just do stuff”. Kerry Gleeson says to do it now, rather than putting it off. Can't just do everything now within the context of your passion
 - 11:57 - **Purge** - get rid of stuff. Are there things you think you should be doing? If it doesn't match your passion, get rid of it.
 - 12:40 - **Prioritize** - What stuff can you do now, you want to do, but do it later?

- 13:17 - **Park** - May not be able to do immediately and you are not ready to purge them. Don't want to get rid of entirely, but not in a position to prioritize them. This is a danger area. Be careful what you park because if they stay on your list too long you may feel like a failure.
- 13:56 - **Planning** - You may need to save money, get some new skills, find the time, etc.
- 14:23 - **Persevere** - Once you start, find ways to keep yourself motivated. Examples, self rewards, hiring a coach to keep you accountable, etc.
- 14:47 - Summary - everything hinges around your passion and then there is the "Do stuff"
- 15:01 - **Party** - celebrate your success. Often high achievers forget to celebrate the wins. Acknowledge when you have accomplished something.

17:22 - We often feel pressure to do what others are doing, and a lot of that comes from social media. We are trying to keep up with those we follow that we forget what our own passions are.

18:45 - Why people have stopped dreaming? People may be afraid of the unknown. People are too busy. More people are having the attitude that they don't need to know more or find out more. People often feel like they need to have everything together because if they fail it may look bad on their social media profile.

22:48 - What do you do when a pivotal moment changes your life.

- 23:31 - Glenda had a health scare. She thought she had things together. This introduced some fear in her life that she didn't have before that she needed to overcome.

26:48 - Where Glenda was in her faith journey when she had her health scare

- 27:58 - This gave her a more balanced view of her life and helped her integrate her life better

29:05 - Leadership books that Glenda has read

- *In Search of Excellence* by Tom Peters
- The Bible - provides examples of good and bad leadership and the impact these leaders had on the people they were leading
- Jesus - the model of servant leadership

30:46 - How Glenda got involved with LeaderImpact

- In 2020 she was invited to Auckland to be part of the launch of LeaderImpact in the region but Covid restrictions were soon put into place. She started an online group which worked out well as people from Australia and New Zealand were able to participate in the group

33:13 - What Glenda would like her faith legacy to be

- With inspiration from Paul's second letter to Timothy in the Bible - 2 Timothy chapter 4 verses 7 and 8

34:31 - What gives Glenda the greatest joy

- Ties closely with passion, something that needs to be consistent.
- The knowledge that Jesus loves her unconditionally

39:01 - Closing