

RESET

Harnessing Change, Fear, and Risk as
Catalysts for an Extraordinary Life

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Leap List

“Anyone who has never made a mistake has never tried anything new.”

- Albert Einstein

Name: _____

Create your LEAP List

Challenge yourself to do more than just go-with-the-flow in life. You can, and will, accomplish more than you previously thought possible. Improve your character, performance, and accomplishments, and change the way you live your life by creating a LEAP List. Your LEAP List is a continually changing list of all the things you desire to do in a lifetime. Include anything and everything that provide opportunities to achieve the goals established around your definition of success.

The acronym LEAP represents four categories:

Learning - Educational opportunities that stimulate the mind, empowering growth and change.

Experience - Fun or interesting activities you want to experience.

Adventure - Unique, inspirational, and once-in-a-lifetime events.

Personal Improvement - Habits and actions that lead to progress and achievement.

Avoid calling your LEAP List a “wish list.” Personal experience provides the comprehension that wishing is a self-limiting behavior; wishing for something is subconscious programming for accepting that it *is* fantasy. Save your wishes for shooting stars and blowing out candles on birthday cakes. Starting today, experience the power of saying *I will* instead of *I wish*. Make the commitment for pre-meditated success; stop wishing and start leaping.

The 2008 movie, *The Bucket List*, made constructing a list of things to do before you die a household concept. It is a good idea with a flawed premise: don't wait until you have been told you are going to die to really start living. Imagine how much more you will accomplish and how rewarding life will be when you start your LEAP List immediately. Make a LEAP List and keep adding to it. Completing everything on the list before you die isn't success; it means your list is too short. One characteristic of a great LEAP List is having more things on it than you have years to accomplish them in. This allows you to think big, always have something to look forward to, and forces you to prioritize.

Items on your LEAP List will change over time as you make additions and deletions. Completing some of the items will give you the courage, confidence, and commitment to add more challenging items. As your definition of success changes, so will your LEAP List. There is no failure with the LEAP List. An unsuccessful attempt to complete something on the list is a learning experience and personal growth opportunity.

Sample LEAP List

Learn to snow ski
Own an airplane
Slalom water ski
Richard Petty Stock Car Driving School
Barefoot Water Ski
Own horses
Deep water start barefoot water ski
Learn to Team Rope
Pilot License
Travel to all 50 states
Become a firefighter
Learn to Sail
Drive a fire truck
Become a backcountry pilot
Tiller a hook and ladder truck
Work on a ranch
Swim a mile in less than 30 minutes
Complete P90X
Run a backhoe
Yoga
Drive a semi-truck
Own a 1969 Chevelle 396 SS
Ride a bull in a rodeo
Ride a bike across the United States
Cat Skiing
Ride the Siberian Railroad
Helicopter Skiing
Drive a snow cat
Fly in a corporate jet
Focus on tasks
Rappel off building or cliff
Fly a Cessna 182
Bungee Jump
Fly a Cessna 206
Daily Meditation
Bend 500 Cycling Ride
Weight 195 and BMI 15
Be a good listener
Learn to Speak Spanish
Graduate Degree
Overnight whitewater raft trip
PhD
Own whitewater raft
Fly a jet
Own all gear to support whitewater raft trip
Hike the Appalachian Trail
Raft the Main Salmon
Ride the Tour Divide

Raft Hell's Canyon
Travel to all 7 continents
Raft the Middle Fork of the Salmon
African Safari
Raft the Selway River
Scuba Diving
Raft the Grand Canyon
Galapagos Islands
Raft Cataract Canyon
Great Barrier Reef
Raft the Bruneau River
Great Wall of China
Raft the Owyhee River
NLP Practitioner Certification
Swim the Dam to Dam swim
NLP Master Certification
Backpacking
NLP Life Coach
Fly fishing
NLP Trainer
Own an office building
Have a large shop at house
Make MDRT
Donate a million dollars in lifetime

STEP 2

Review your completed list and give it an objective and critical evaluation. It's important to ask yourself two questions: First, *beyond everyday challenges, what are the things I'm not doing that I would like to do?* Second, *what are things I am doing that I don't want to do?* This approach applies to every area of your life including work, relationships, fitness, and adventure. What are your everyday and long-term goals and aspirations? If the list doesn't seem a little daunting, it is too conservative. Spend more time working on your LEAP List.

STEP 3

Use symbols or marking system, like different colored highlighters, to sort the items on your LEAP List into like groupings.

STEP 4

Write a letter beside each common sub-group to further define its grouping

STEP 5

Write a number beside the letter of sub-group to identify a sequential pattern

Learn to snow ski

Own an airplane (A) (5)

Slalom water ski

Richard Petty Stock Car Driving School

Barefoot Water Ski

Own horses

Deep water start barefoot water ski

Learn to Team Rope

Pilot License (A) (1)

Travel to all 50 states

Become a firefighter

Learn to Sail

Drive a fire truck

Instrument Rating (A) (3)

Tiller a hook and ladder truck

Work on a ranch

Finish College Degree (A) (1)

Swim a mile in less than 30 minutes

Complete P90X

Run a backhoe

Commercial Pilot License (A) (4)

Yoga

Drive a semi-truck

Own a 1969 Chevelle 396 SS

Ride a bull in a rodeo

Ride a bike across the United States

Cat Skiing

Ride the Siberian Railroad

Helicopter Skiing

Drive a snow cat
Fly in a corporate jet (B) (6)
Rappel off building or cliff
Fly a Cessna 172 (B) (1)
Fly a Cessna 182 (B) (2)
Bungee Jump
Fly a Cessna 206 (B) (3)
Learn to Speak Spanish (B) (1)
Masters Degree (A) (2)
Overnight whitewater raft trip
PhD (A) (3)
Own whitewater raft
Pilot a jet (B) (7)
Own all gear to support whitewater raft trip
Hike the Appalachian Trail
Raft the Main Salmon
Ride the Tour Divide
Raft Hell's Canyon
Travel to all 7 continents
Raft the Middle Fork of the Salmon
Become a back country pilot (A) (2)
African Safari
Raft the Selway River
Scuba Diving
Raft the Grand Canyon
Land at Lower Loon Creek (B) (4)
Galapagos Islands
Raft Cataract Canyon
Great Barrier Reef
Raft the Bruneau River
Great Wall of China
Raft the Owyhee River
NLP Practitioner Certification (C) (1)
Swim the Dam to Dam swim
NLP Master Certification (C) (2)
Backpacking
NLP Life Coach (C) (3)
Fly fishing
NLP Trainer
Own an office building
Have a large shop at house
Make MDRT
Donate a million dollars in lifetime

STEP 6

Use additional pages to organize the LEAP List items that go together in sequential order.

Example:

Category: **Flying**

(A) Pilot Certificates

- 1.) Pilot's License
- 2.) Back Country Pilot
- 3.) Instrument Rating
- 4.) Commercial Rating

Category: **Flying**

(B) Piloting Experiences

- 1.) Fly a Cessna 172
- 2.) Fly a Cessna 182
- 3.) Fly a Cessna 206
- 4.) Land at Lower Loon
- 5.) Own an Airplane
- 6.) Fly in Corporate Jet
- 7.) Pilot a Jet

Category: **Education**

(A) Degrees

- 1.) Finish College Degree
 - 2.) Complete Master Degree
 - 3.) Earn PhD
- (B) Language
- 1.) Learn to Speak Spanish
- (C) Designations
- 1.) NLP Practitioner
 - 2.) NLP Master
 - 3.) NLP Life Coach

STEP 7

Next, look at each individual item and analyze the factors that limit your ability to complete them.

They will likely be one, or a combination, of the five categories listed below:

LEAP LIST LIMITATIONS

- 1.) Physical
- 2.) Financial
- 3.) Time
- 4.) Emotional/Mental
- 5.) Commitment

Do NOT remove items because of a lack of money, time, knowledge, physical ability, or confidence. Limitations that seem insurmountable today may not be in the future. Examples of seemingly insurmountable limitations include earning a graduate degree if you are middle aged and don't have an undergraduate degree, completing your first marathon or triathlon if you have never run, biked, or swam long distances, changing careers when you are dependent on the income from your current job. There are two aspects to consider for each of the potential limitations above: Do you have the required skills and resources? Can the required skills or resources be acquired? It may be as simple as breaking a larger goal down into smaller steps that build to accomplish your main goal.

Building this LEAP List might seem overwhelming at first, but keep in mind not every challenge needs to be completely original to you, meaning you don't have to reinvent the wheel. Many of your best experiences and accomplishments will be inspired by the feats of others. Adopt the attitude, *if someone else can do it, so can I*. This allows you the benefit of other people's experiences. Knowing that someone else has tested the limits and proven the viability of an activity frees you to consider attempting it too. We all have those moments of doubt, but speaking from experience—sometimes it's worth making the leap