



THE BUCKET LIST

YES YOU CAN:

**fly a plane... scale a mountain...
go skinny dipping... drink cocktails
in Paris... Three inspiring women
reveal how they turned their
wildest dreams into reality**

By Cecily-Anna Bennett Photography Jay Harrison

THE FAMOUS US AUTHOR AND NOVELIST, Henry David Thoreau, got it right when he said, “Go confidently in the direction of your dreams. Live the life you have imagined.”

After all, is there any better direction to go in? Of the 3.4 million women aged 40-64 in Australia, three in five believe their most exciting achievements still lie ahead. Life can be intricately complicated and unbelievably hectic, but the secret is in knowing that all the excitement-inducing, life-affirming things you’ve always dreamed of achieving are—without doubt—within your reach. Writing a bucket list of things you want to do before shuffling off this mortal coil may seem macabre, but it’s a tangible—and important—reminder that life is short and it’s crucial to enjoy every minute. “With all the roles women have to play nowadays, we need to reclaim ourselves, our dreams and all that defines us,” says Marie Rowland, Sydney psychotherapist and co-founder of the Superwoman’s Toolkit (superwomanstoolkit.com.au). “When we dare to dream, life becomes vital. And that’s where the real reward comes. The resolve to move forward not only makes us stronger, but provides insight into our own humanity. We’re given one life and we have full control over it. If there’s one thing I know, it’s that we just have to go for it!” Got something big you want to tick off your to-do list this year? *Prevention* speaks to three amazing women with bucket lists that took them on very different, but equally life-changing journeys.