

Chatterbox #177 – What's on our bucket lists

Episode description

What do you dream of doing? Today's episode is all about the things we dream about accomplishing. Join Andrew and Suzanne as they share their bucket lists and tell you all about the things they most want to do before they die.

Fun fact

Morgan Freeman, one of the stars of the movie *The Bucket List*, once told an interviewer that working with Jack Nicholson was one of his bucket list items. Since they both starred in the movie, Freeman got to cross that item off his list!

Expressions included in the learning materials

- Catchy
- From scratch
- (Something) is in your head
- Take (something) to the next level
- Know-how



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

Andrew: Hey, everybody. I'm Andrew.

Suzanne: And I'm Suzanne.

Andrew: And we're back. You're listening to another Culips episode.

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Andrew: Hey, Suzanne. How are you?

Suzanne: I'm great, Andrew. How are you doing?

Andrew: I'm doing pretty well. What's new with you?

Suzanne: Actually, today I'm pretty tired. I had a late rehearsal last night with my band.

Andrew: Oh, your band. We heard about your band a couple of episodes ago.

Suzanne: That's right.

Andrew: The Slush Devils, right?

Suzanne: That was our name. And we actually might be changing the name.

Andrew: You might be changing the name? Hey, now I'm curious. What are you going to change it to?

Suzanne: Well, all of the members of the band are not actually Canadian. Everyone is from another country. For example, I'm from the US. The thing we have in common is that we're all foreigners to Canada. And so we thought of this name, Small Foreign Faction, *faction* meaning a group that has the same ideals and goals.

Andrew: I like that name. It's very **catchy**. It flows together.

Suzanne: Thanks, Andrew.

Andrew: If I'm being perfectly honest, I'd have to say I even like it better than Slush Devils.

Suzanne: Me too.

Andrew: Well, let's move on to our episode today. Today we are going to do a Chatterbox episode. And this is where we just have a natural conversation. We chew the fat, we talk about an interesting topic, and we speak in natural English. And today our topic is bucket lists.

Suzanne: Cool.

Andrew: Specifically, our bucket list.

Suzanne: Yeah.

Andrew: Let's start by explaining what a bucket list is.

Suzanne: A bucket list. What is a bucket list, Andrew? What is it, exactly?

Andrew: Well, a bucket list is a list of things that you want to do before you die.

Suzanne: Whoa.

Andrew: So it's kind of a list of all your dreams and goals that you want to achieve in your life.

Suzanne: Oh, wow. So it's connected to the expression *kick the bucket*, like *he kicked the bucket*, like, he died. *Kick the bucket* is in reference to someone dying. So maybe that's where that came from, *the bucket list*.

Andrew: Yeah, you're exactly right. *Kick the bucket* is another idiom and it just means to die. And you're right. I did some research on this expression, *bucket list*. I was surprised to learn that this is a really new expression. It entered English in 2007.

Suzanne: Really?

Andrew: It came from the movie called *The Bucket List*. So there's a movie released in 2007, had, I think, Jack Nicholson and Morgan Freeman in it. And, yeah, it was called *The Bucket List*, and this is where this expression comes from. So: a list of things you want to do before you kick the bucket, before you die. This is your bucket list.

- Suzanne: That's really cool. And sometimes on the bucket list, you can have places you want to go, things you want to see, or activities you'd like to do.
- Andrew: Yeah. Actually this week, because I knew we were going to record an episode on this topic, I asked all of my students in my English classes what was on their bucket lists. Just name me one thing. And I'd have to say the top response was travel. Most of my students wanted to travel. I'm really curious. Let's get into it a little bit. What's on your bucket list? I want to know.
- Suzanne: For me, one of the things that I would love to do before I die is to write a show. For example, like a one-woman show, and perform it onstage, whether it's for a week or a tour throughout Canada or the US. And I would like to perform something I've written for an extended period of time.
- Andrew: Whoa, that's really cool. So, a show, not a TV show, more like a performance.
- Suzanne: Yeah, a theatre piece, right. So I would play all the characters. It would be fun to tell stories from my life or funny stories about my Italian grandparents or things like that. Or some of the people I waited on in restaurants throughout the years. And create a show that makes people laugh, you know, makes them feel something, and write it and perform it myself. I've been dreaming about that for a long time.
- Andrew: That's really cool. I like that idea. Now, on a scale of 1 to 10, how likely are you to do this?
- Suzanne: I think a 9½.
- Andrew: 9½. Whoa, I'm happy to hear that.
- Suzanne: I feel like I'm primed to do it now. After writing a 100-page thesis, I'm ready to write something a little more fun.
- Andrew: That's really cool. That's a great one.
- Suzanne: What does your bucket list look like, Andrew? Is it mostly travel, or?

Andrew: I want to go everywhere, all of the time. So, it's kind of boring for me to just list all the places I want to go, because, yeah, I'm interested in every country and every culture. So that's a given that I would like to see the world.

But I thought of a couple of other items that I'm going to share with you.

Suzanne: OK.

Andrew: And the first one that came to my mind was I'd really like to run a marathon at some point in my life.

Suzanne: Ooo, cool.

Andrew: Yeah.

Suzanne: Wow.

Andrew: I enjoy running, but I've never participated in a running event. And I think it could be a cool feeling to be outside with a bunch of other people running for a long distance.

Suzanne: Yeah. Have you ever thought of which marathon you'd like to run?

Andrew: Not at all. I haven't got that far yet.

Suzanne: I ask that because I have a friend who's run a few marathons, like in different parts of the world.

Andrew: OK, mmhmm.

Suzanne: And the New York City Marathon, she told me, was the most fun, because there are thousands and thousands of people, and you never have a point where there are no people.

Andrew: Ah.

Suzanne: There's constantly hundreds and thousands of people out cheering you on. She is able to keep her motivation going because of all the people outside, giving you support. Also, a lot of bands come out and play throughout the city, on the street while you run. Like famous bands.

Andrew: It sounds like I've got to do the New York Marathon, then.

Suzanne: We can have a beer after to celebrate.

Andrew: There we ... That sounds fun, yeah. To go back to the rating ...

Suzanne: OK.

Andrew: Maybe I'd say this is about a 7 out of 10. I think my first step is run a smaller race, like maybe a 10K. So I'm hoping to do that sometime soon. That's the first step. We'll take it from there.

Suzanne: That's so exciting. What's another item on your bucket list?

Andrew: Well, the next one you might find a little funny. And I even find it a little funny, to be honest. But I would like to have a motorcycle at some point in my life ...

Suzanne: Oh, my gosh!

Andrew: To ride a motorcycle.

Suzanne: That's not funny, that's awesome!

Andrew: Yeah, it's a little funny when I think about me sitting on a motorcycle with a leather jacket, trying to be all tough.

Suzanne: But you don't have to have a leather jacket, but I guess it does help.

Andrew: I would have to, yeah. I would have to. If I'm going to go that far, I need to go all the way.

Suzanne: That's so funny. That's awesome.

Andrew: Yeah, I think it would be really fun to have a motorcycle and cruise around in the summer.

Suzanne: Yeah!

Andrew: You know, in Canada the driving season is so short for a motorcycle.

Suzanne: Yeah.

Andrew: So you can really only cruise around in the summer. But, yeah, I think it'd be super fun.

Suzanne: It's really something that my boyfriend has asked me many times, if we could do a weekend where we'd drive to a B&B or something, but on a motorcycle. And I just get so scared. I think it's because my mom worked in an emergency room for many years. I don't know, she scared me by talking about all of the accidents that happened from motorcycles. But I think that's just **in my head**.

Andrew: It is dangerous.

Suzanne: I think it's just a fear, maybe.

Andrew: Yeah. I think if you take the right precautions, if you're safe, if you're careful.

Suzanne: Yeah.

Andrew: I mean lots of people ride motorcycles and are totally fine. Think positively, right?

Suzanne: Yeah, wear a helmet. Wear a helmet, everyone.

Andrew: A similar goal of mine, at one point in my life, would be to build my own bicycle.

Suzanne: Ooo.

Andrew: I've talked about, on the podcast, many times before, that I'm a really big fan of cycling. And I've done little repairs on my bike here and there, but I've never built a bike **from scratch**.

So to build the whole thing from the top to the bottom up, it's a dream of mine to do one day, mmhmm.

Suzanne: Wow, very cool. I think you can do that though, right? On a scale of 1 to 10, how possible is that goal?

Andrew: That's a 9½ to 10, I think.

Suzanne: Yeah.

Andrew: That's probably the most likely one, to be honest with you.

Suzanne: I see that one in your future, very, very near future. That's cool.

I think one of the dreams I have too on my bucket list is to write and publish a novel of ... So fiction.

Andrew: Wow, wow.

Suzanne: Um, and that's something that I've done a couple of times. I've written a book, a couple of books, but they've never been published. And I was too afraid to have other people read them or **take it to the next level**. So that's something that I really want to do at some point. Maybe more than once, but at least once. First you've got to get through the first book, so.

Andrew: Yeah, the first one's probably the toughest.

Suzanne: I agree.

Andrew: But then maybe it gets easier after that.

You know, I recently have heard about something called the reverse bucket list. Are you familiar with this?

Suzanne: No, I've never heard that before.

Andrew: Yeah, so the reverse bucket list is, instead of writing your goals down, you write down your achievements, things that you've already accomplished.

Suzanne: Oh, wow.

Andrew: Just to remind yourself that, you know, I've done a lot of great things in my life.

Suzanne: Mmhmm.

Andrew: Look how far I've gone. It can be a motivational tool.

Suzanne: I think that's a great idea, actually.

Andrew: Yeah.

Suzanne: Maybe that's our homework, to sit down and write down at least five things you've accomplished. And they don't have to be big. They could be something like "I cooked dinner tonight." Recognize yourself as already accomplishing many things.

Andrew: Yeah. I think, especially if you're feeling a little blue, a little down in the dumps, this is a nice thing to pull out and look at your list, and say, "Oh, I've achieved these things already." And that could maybe help you do more things in the future. If you've already done many things in your life, well, then you have the skills and the **know-how** to get things done. So, yeah, I like this idea of the reverse bucket list.

Suzanne: OK, I'm challenging you to write down at least ... I think you could probably do at least ten, Andrew, ten things that you've already done.

Andrew: Ten things? OK, well, I'm going to take up your idea of cooking dinner for tonight. That'll be one.

Suzanne: Brilliant.

Andrew: We've got nine more to think of.

Suzanne: Brilliant.

Andrew: Well, I think that's all we have time for today. As always, I want to thank everybody for listening. And, yeah, we're very curious, what's your bucket list? Please head on over to our Facebook page, at Facebook.com/CulipsPodcast and leave us a comment. We're dying to know.

Suzanne: Yeah, we can't wait to hear all of the things you want to do. And while you're online, remember to visit our website, Culips.com.

Andrew: And if you're serious about buckling down and making some real progress with your English studies, we recommend becoming a Culips member and studying with our learning materials that are available exclusively to Culips members.

Suzanne: That's right. And with that membership, you will get to study with the full transcripts, detailed vocabulary explanations, and quizzes for all of our episodes. It's a bunch of great material.

Andrew: So, yeah, check out Culips.com and learn more about becoming a member. OK, that's it for now. Talk to you next time. Bye.

Suzanne: Bye.

Detailed Explanations

Catchy

Is there a song that you can't stop singing, or a slogan that you can't forget? **Catchy** is an adjective we use to describe things like these: appealing and easy to remember.

Many **catchy** things are designed specifically to attract and keep your attention. For example, pop songs are written to be widely attractive to people and very easy to remember. The next time you hear this kind of song, you can say it's **catchy**!

While we primarily use **catchy** to talk about music, you can describe anything that is likeable and hard to forget as **catchy**. For example, in this episode Andrew says that the new name of Suzanne's band, Small Foreign Faction, is **catchy**. In other words, he's saying that he likes the name and thinks it will be easy to remember—a good quality for a band name.

Here are a couple more examples with **catchy**:

Mark:	What's that song you're singing?
Diana:	Oh, it's <i>Woman</i> by Angel Olsen.
Mark:	Is that the song I've heard you singing all week long?
Diana:	Yes, it is! It's the best. I can't stop listening to it. Since I heard it for the first time, I just can't get it out of my head—it's so catchy !
Mark:	If you think it's so catchy , I might have to give it a listen.

Steve:	Can you help me out?
Paula:	That depends. What do you need help with?
Steve:	I'm trying to come up with a catchy title for my paper.
Paula:	What counts as a catchy paper title?
Steve:	It needs to be simple, interesting, informative, and easy to remember.
Paula:	That's a lot to ask! I think you asked the wrong girl. I can't think of anything!

From scratch

From scratch is an idiom that means without any earlier preparation and without anything pre-made.

In this episode, Andrew mentions that one of the items on his bucket list is to build a bike **from scratch**. What he means is that he wants to build a bike himself. So, he doesn't want to buy a bike that is already assembled or to put together one where all the parts are given to him. Instead, Andrew wants to go out, choose all of the parts himself, and assemble them into a bike.

There are lots of other things you can make **from scratch**! For example, we often talk about baking things **from scratch**. If you make a cake with a box of cake mix, this is not making a cake **from scratch**—making a cake **from scratch** means that you make your own mixture of ingredients.

We also commonly use **from scratch** when we redo a project or activity. If someone is unhappy with their attempt at something and wants to start again from the very beginning, they will often say that they are going to start **from scratch**.

Here are a couple more examples with **from scratch**:

Frank:	Thanks for having me over for dinner, Michelle. The food was excellent.
Michelle:	Thank you so much! What was your favourite part of the meal?
Frank:	That bread was absolutely amazing. It was so fresh!
Michelle:	That's because I made it from scratch right before you came over.
Frank:	Wow, you made it yourself? Now I'm even more impressed!

Robert:	How's the painting coming?
Anne:	It looks like it's almost done, but I don't know if I like it anymore.
Robert:	What are you talking about? It looked great the last time I saw it! I can't imagine you've made it worse.
Anne:	Maybe not, but it's not what I was hoping it would be. I want to start over again. I think I'm going to give up on it and start again from scratch .

(Something) is in your head

In your head is a phrase with multiple meanings depending on what comes before it in a sentence, but today we will focus on what it means to say that **something is in your head**. If you say **something is in your head**, it's the same as saying that idea or thing is not real.

For example, in this episode Suzanne talks about her fear of motorcycles. She thinks they are very dangerous and cause a lot of accidents. However, she also says that might all **be in her head**. In other words, she might feel that motorcycles are more dangerous than they really are. In that case, the extreme danger of riding a motorcycle **is in her head** (and not real).

We often use **to be in your head** when talking about things we are unnecessarily worried about. For example, if you are really worried it's going to rain today but the weather forecast calls for a sunny day, then what you're worried about (the rain) **is in your head**.

Here are a couple more examples with **(something) is in your head**:

Emma:	Oh, man, I don't feel good today. I never should have had that tequila last night. Tequila gets me so crazy!
Doug:	No, it doesn't, that's in your head . Alcohol is alcohol. It's a total myth that some types of booze make people act differently than others.

Sarah:	Hey, can you tell me if I'm being crazy?
Tobin:	Sure, I guess. What are you worried about?
Sarah:	I haven't heard from my little brother in almost a week and I'm really worried. Did he die? Or did he get thrown in jail?
Tobin:	Is this normal behaviour for him?
Sarah:	No, we usually chat every few days! But he is on vacation with some of his friends right now, so maybe he's just having fun.
Tobin:	I think that's way more likely. I think he's probably fine.
Sarah:	You're right. All those bad scenarios are in my head .

Take (something) to the next level

Let's start with a definition of *next level* as a noun: it is a higher level of sophistication, creativity, or success. We often use *next level* as an adjective, meaning that something is moving or has moved to this next level and is more polished, unique, or successful. We use *next level* in these forms most often to talk about creative works, like music or writing.

So, put as simply as possible, when someone talks about ***taking something to the next level***, it means they want to improve or are currently working on improving that thing or skill. It's important to note that when we talk about ***taking something to the next level***, the improvement or success we're looking for is not slight—it's meaningful and noticeable.

For example, in this episode Suzanne talks about writing novels but never getting them published. She says that ***taking her writing to the next level*** is an item on her bucket list. In other words, Suzanne wants to make her writing more successful by having it published.

Here are a couple more examples with ***take (something) to the next level***:

Kevin:	Have you been enjoying going to the gym?
Courtney:	I'm loving it! I think I want to take it to the next level .
Kevin:	What does that mean?
Courtney:	I'm thinking of entering a bodybuilding competition!
Kevin:	That sounds like an intense thing to do. Good luck!

Nate:	Have you heard Jill's music recently?
Jess:	No, I'm familiar with her old stuff, though. I always found it a little boring, to be perfectly honest.
Nate:	Oh, man, you have to listen to her new stuff! She's really taking her music to the next level .
Jess:	Yeah?
Nate:	Yeah! She has a band behind her now, and her lyrics are so much more interesting.

Know-how

Know-how is a noun that refers to practical ability, skill, and experience doing something. In other words, it is the knowledge and ability you have when you are experienced and good at something.

What sort of **know-how** do you have? If someone makes all their own clothes, you can say they have sewing **know-how**. If someone works in a technical field, you can say they have technical **know-how**.

Here's one more example with **know-how**:

Ava:	Oh, man, the toilet is broken! Do you think you can fix it?
Carl:	No way, I've never done anything like that before! I wouldn't know where to start.
Ava:	Darn! I have no idea how to fix it either.
Carl:	Looks like we need someone with some plumbing know-how to help us out. I guess we'll just have to call a plumber!

Quiz

1. If something is in your head, it might not be:

- a) enjoyable
- b) true
- c) forgotten
- d) wise

2. If you have _____ of something, you have know-how about that thing.

- a) a great interest in the development
- b) a say in the outcome
- c) experience and knowledge
- d) no interest in the outcome

3. If something is catchy, it is easy to:

- a) dismiss
- b) forget
- c) accomplish
- d) remember

4. When you take something to the next level, you work to:

- a) destroy it
- b) improve it
- c) understand it
- d) enjoy it

5. If you make something from scratch, you make it:

- a) without anything prepared ahead of time
- b) with a friend
- c) to the best of your ability
- d) perfectly on the first try

Quiz Answers

1.b 2.c 3.d 4.b 5.a

Episode credits

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