

How to Estimate Your Date With Destiny

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Here as promised are the step-by-step instructions on how to estimate and use your *Date With Destiny*, a.k.a *Date with Death*. If you have not read the associate blog posts, you can check them here presented in reverse order as [My Deep Bucket List](#).

Step 1. Estimate your Date With Destiny

1. [Click here to go to The Death Clock](#)
2. Fill in your date of birth, etc. including your BMI (Body Mass Index). You will find a handy calculator at the right.
3. *Press Submit and* record your results

Step 2. Set up countdown timers on your devices

1. For Macintosh (Click on the links below and follow instructions. Any of the three may work for any of the Mac devices. I am not a Mac user, so I have not personally tested them. Check with your local Mac store for more information.)
 - a. [Computer dashboard widget](#)
 - b. [iPad countdown widget](#)
 - c. [iPhone](#)
2. For PC and Android
 - a. Computer (Download and install according to instructions)
 - i. Download and install [TimeLeft](#) (I use this application one because it gives years, months, days, hours, minutes and seconds)
 - b. Android:
 - i. On your phone from Google Play, download and install [Countdown Widget](#) (Countdown to Event gives years, months, days, hours, minutes and seconds)

Step 3. Check your countdown timer often to...

1. Remain conscious of how much time you have left,
2. Remember how precious is each moment
3. Remind yourself how important it is to create a deep bucket list to help you to BE.

For more hints on how to stay present and create your deep bucket list stay tuned to www.gorefire.com

Coming soon: www.mydeepbucketlist.com