

HOW TO USE YOUR BUCKET LIST

- THIS BUCKET LIST IS DIVIDED INTO FOUR AREAS—
MOVEMENT & BODY, TRAVEL & EXPERIENCE,
MIND/GROWTH & NOURISHMENT, AND
FUN/CREATIVITY & CONNECTION.
- USE THE EXAMPLES AS INSPIRATION. YOU CAN CROSS
OUT ANY ITEM AND WRITE YOUR OWN.
- ADD YOUR OWN GOALS TO THE BLANK LINES SO
YOUR LIST REFLECTS WHAT MATTERS TO YOU.
- CHECK OFF EACH BOX AS YOU COMPLETE IT, AND
CELEBRATE YOUR PROGRESS ALONG THE WAY.
- THERE ARE NO RULES—MAKE THIS BUCKET LIST
MEANINGFUL FOR YOU AND ENJOY THE JOURNEY!



BUCKET LIST



MOVEMENT & BODY

☐ KARATE / MARTIAL ARTS

☐ BOXING / KICKBOXING

☐ YOGA

☐ PILATES

☐ MUAY THAI

☐ BALLET

☐ ROLLER SKATING

☐ ICE SKATING

☐ ROPE SKIPPING

☐ POLE DANCE

☐ BOULDER CLIMBING

☐ ZIPLINE

☐ HALF MARATHON

☐ SWIMMING

☐ HIKING

☐ HIGH HEELS DANCE

☐ MARATHON

☐ HORSE RIDING

☐ SKYDIVING

☐ BUNGEE JUMPING

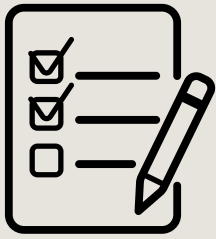
☐ BUNGEE JUMPING

☐ NIGHT HIKE

☐ SAILING

☐ BALLROOM DANCE

make
it happen



BUCKET LIST



TRAVEL & EXPERIENCE

☐ SOLO DAY TRIP

☐ SOLO BEACH TRIP

☐ SOLO WEEKEND TRIP

☐ SOLO TRIP ABOARD

☐ GO SOMEWHERE RANDOM

☐ WATCH SUNSET IN A NEW PLACE

☐ EAT ALONE SOMEWHERE NICE

☐ ATTEND A WORKSHOP

☐ ATTEND A NETWORK EVENT

☐ ATTEND A RUNNING EVENT

☐ ATTEND A FESTIVAL

☐ ATTEND A CONCERT

☐ ATTEND A RETREAT

☐ RUN IN ANOTHER COUNTRY

☐ SAY YES TO A SPONTANEOUS TRIP

☐ TAKE A LAST MINUTE TRAIN
SOMEWHERE

☐ MEET SOMEONE NEW
WHILE TRAVELING

☐ EXPERIENCE SHANGHAI

☐ TRY SURFING WHILE TRAVELING

☐ TRY A NEW RESTAURANT

☐ CREATE A TRAVEL SCRAPBOOK

☐ TAKE PICTURES FOR MEMORIES

☐ SPEND A DAY WITHOUT THE PHONE

☐ CREATE A SMALL EVENT

make
it happen



BUCKET LIST



MIND , GROWTH & NOURISHMENT

☐ ATTEND A WORKSHOP
MINDSET/BUSINESS/HEALING

☐ ATTEND A FINANCE WORKSHOP

☐ ATTEND A COMMUNICATION
WORKSHOP

☐ LEARN BREATHING TECHNIQUES

☐ LEARN MEDITATION DEEPER

☐ TAKE AN ONLINE COURSE

☐ LEARN A NEW SKILL

☐ LEARN A NEW LANGUAGE

☐ WATCH EDUCATIONAL CONTENT
INTENTIONALLY

☐ STUDY IN A CAFE

☐ READ A FULL BOOK

☐ READ A PERSONAL DEVELOPMENT &
BOOK & FINANCE BOOK

☐ SOLO THINKING DAY

☐ NO PHONE DAY

☐ MONTHLY REFLECTION SESSION

☐ FUTURE SELF SESSION

☐ GET A MASSAGE

☐ FACIAL TREATMENT

☐ BODY TREATMENT

☐ GO TO A WELNESS/SPA-DAY

☐ COMPLETE A AFFIRMATION
CHALLENGE

☐ SLEEP 8+ HOURS CONSISTENLY

☐ CREATE A HEALTHY SMOOTHIE WEEK

☐ WRITE YOUR THOUGHT DAILY

make
it happen



BUCKET LIST



FUN , CREATIVITY & CONNECTION

☐ PAINT SOMETHING

☐ POTTERY CLASS

☐ ART CLASS

☐ PHOTOGRAPHY DAY

☐ CREATE CONTENT

☐ LEARN AN INSTRUMENT

☐ WRITE A PERSONAL STORY

☐ START YOUR BOOK

☐ DESIGN SOMETHING IN CANVA

☐ CREATE VISION BOARD

☐ GO TO A MUSEUM

☐ GO TO A THEME PARK

☐ WATER PARK DAY

☐ KARAOKE NIGHT

☐ GAME NIGHT

☐ BOWLING ☐ MINI GOLF

☐ ESCAPE ROOM

☐ TALK TO A NEW PERSON

☐ GO TO A GROUP ACTIVITY

☐ HAVE A DEEP CONVERSATION

☐ SPEND TIME WITH FAMILY
AND KIDS

☐ LISTEN WITHOUT INTERRUPTING

☐ ATTEND A
COMMUNITY EVENT

☐ SPEND TIME WITH FRIENDS

make
it happen