



Bucket List Builder

# PHYSICAL

## Examples:

- look and feel healthy
- run a marathon
- quit smoking
- lose weight
- drink less



Bucket List Builder

# EMOTIONAL

## Examples:

- listen with an open mind
- look for joyful moments
- take my family to Disneyland
- don't gossip



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# ADVENTURE

## Examples:

- take a hot air balloon ride
- hike Machu Picchu
- travel to Iceland
- swim with dolphins
- visit the Great Wall of China



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# INTELLECTUAL

## Examples:

- watch more TED talks
- learn to play guitar
- finish my degree
- sign-up for bible study
- learn a new language





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# SPIRITUAL

## Examples:

- join the church choir
- develop a yoga practice
- walk in nature
- practice compassion
- learn to meditate



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# LEGACY

## Examples:

- volunteer at my favourite charity
- start a non-profit
- participate in a park clean-up day
- put my name on a plaque at my favourite beach



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# PSYCHOLOGICAL

### Examples:

- overcome my fear of heights
- build a new habit
- look for public speaking opportunities
- face my addiction



## Bucket List Builder

# PROFESSIONAL

## Examples:

- complete my professional designation
- get a promotion
- start a business
- finish trade school
- take the bar exam



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# MATERIAL

## Examples:

- own a beach house
- buy a diamond ring
- get a new car
- participate in Fashion Week





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# FINANCIAL

## Examples:

- pay off my mortgage
- retire at age 55
- start an education fund for my kids
- save \$100 per month
- buy my parents a new car

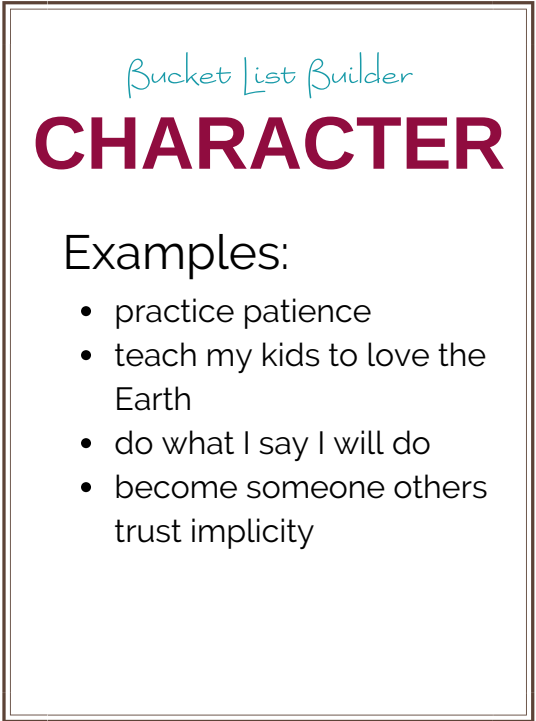


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# CREATIVE

## Examples:

- learn to paint
- star in a community theatre project
- study photography
- write a book



# CHARACTER

## Examples:

- practice patience
- teach my kids to love the Earth
- do what I say I will do
- become someone others trust implicitly