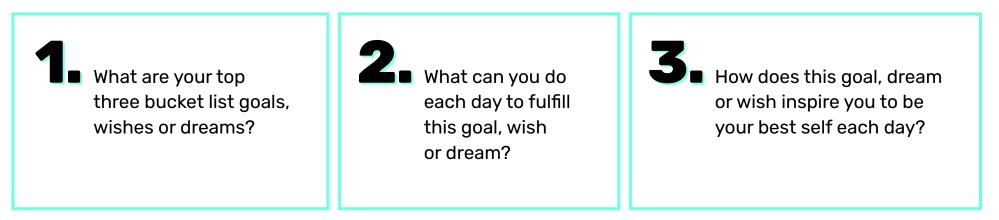
Build Your Own Bucket List



CLOSE YOUR EYES AND TAKE A MOMENT TO THINK ABOUT GOALS YOU HOPE TO ACHIEVE, DREAMS YOU WANT TO FULFILL AND THE THINGS YOU WISH TO EXPERIENCE IN YOUR LIFETIME. KEEPING A BUCKET LIST CAN HELP TO KEEP YOU ON TRACK WHILE INSPIRING YOU TO REACH AND GROW TOWARD YOUR GOALS EACH DAY.

Discussion Questions





Take Action

Find a spare page in your journal or make a note on your phone and start your bucket list off by recording five long-term goals you hope to achieve in your life—what you want to be when you grow up, where you hope to live, or a destination you wish to visit, etc. Keep this list safe and each time you come across another dream or wish, add it to the list!

