
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

1. What are your top three bucket list goals, wishes or dreams?

2. What can you do each day to fulfill this goal, wish or dream?

3. How does this goal, dream or wish inspire you to be your best self each day?

Take Action

1. 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!

2. As a family, discuss how you can all support each other's goals. Write these affirmations down on a piece of paper to post in the kitchen or another communal space. Use this paper as a reminder to support your loved ones on their journeys while reaching for your own dreams.

