

---

# 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—where you want to be in five years, 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 team, discuss how you can all support each other's goals. Write these affirmations down on a piece of paper to post in the workplace. Use this paper as a reminder to support your team on their journeys while reaching for your own dreams.

