

THE

*ultimate*

SUMMER

BUCKET

LIST



THE APPREHENSIVE

1. SIGN UP FOR A DAY OF SAYING YES
2. WRITE A GRATITUDE LETTER TO YOUR PAST SELF
3. DO THE 30-DAY INTENTIONAL LIVING CHALLENGE
4. TAKE A CLASS ON SOMETHING YOU LOVE
5. TRY A SPORT YOU'VE ALWAYS WANTED TO TRY
6. TAKE THE FIRST STEP IN A RELATIONSHIP
7. WHEN GIVEN THE OPTION, TAKE A RISK
8. BEGIN A PROJECT YOU'VE DELAYED
9. TAKE ON A LEADERSHIP ROLE AT WORK
10. ATTEND A MEDITATION CLASS

THE ALREADY ADVENTUROUS

1. CREATE A SCAVENGER HUNT IN YOUR CITY
2. TAKE A SPONTANEOUS DAY TRIP
3. GO FOR A DAY HIKE ON YOUR OWN
4. SPEND A DAY GETTING YOUR ADRENALINE GOING
5. ASK FOR A NEW OPPORTUNITY AT WORK
6. LET A FRIEND DECIDE YOUR DAY FOR YOU
7. ATTEND YOGA CLASSES
8. SPEND A DAY UNPLUGGED AND RECONNECTING
9. TAKE A WEEKEND TRIP TO A CITY NEAR YOU
10. VISIT A FRIEND YOU'RE MISSING

THE OUT OF YOUR COMFORT ZONE

1. MAKE A CHANGE TO YOUR APPEARANCE
2. MAKE CHANGES TO YOUR DAILY ROUTINE
3. FACE A FEAR YOU WISH YOU DIDN'T HAVE
4. WRITE TO THE PERSON WHO WRONGED YOU
5. GO SOMEPLACE YOU'VE ALWAYS WANTED TO
6. SHARE A SECRET THAT'S HOLDING YOU BACK
7. SOCIALIZE AND MAKE NEW FRIENDS
8. CHALLENGE YOURSELF TO A NEW ACTIVITY
9. ATTEND A PHYSICAL ACTIVITY CLASS
10. MAKE A BIG CHANGE AT WORK

THE CHALLENGE LOVER

1. TAKE A SUMMER COURSE ON A NEW SUBJECT
2. SPEND AN ENTIRE DAY AWAY FROM YOUR PHONE
3. GO ONE MONTH WITHOUT TV
4. TAKE A MAJOR LEAP OF FAITH
5. START A SIDE HUSTLE BUSINESS
6. PRACTICE FORGIVENESS
7. ARRANGE A FAMILY GAME DAY
8. CHALLENGE YOUR FRIENDS TO LASER TAG
9. CREATE A PLAN OF ACTION FOR YOUR DREAMS
10. COMPLETELY STEP OUT OF YOUR COMFORT ZONE

THE ONE FEELING STUCK

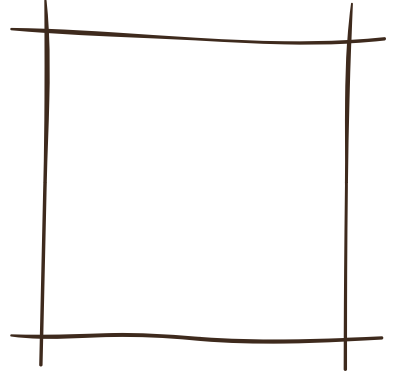
1. JOURNAL WITH THE 6-MINUTE DIARY
2. APPLY FOR YOUR DREAM JOB
3. REACH OUT TO YOUR CAREER INFLUENCE
4. WRITE A PROMISE LETTER TO YOUR FUTURE SELF
5. RE-DESIGN & OPTIMIZE YOUR RESUME
6. ATTEND A CAREER BUILDING SEMINAR
7. PRACTICE NIGHTLY AFFIRMATIONS
8. READ THE TOP 10 SELF-HELP BOOKS
9. LISTEN TO PODCASTS
10. MAKE THE CHANGE YOU'VE BEEN WANTING TO

THE CHANGE MAKER

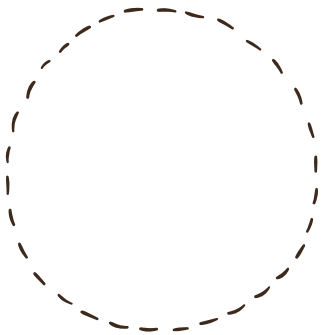
1. VOLUNTEER AT A LOCAL NON-PROFIT
2. BECOME A MENTOR TO A YOUNG STUDENT
3. START A BUSINESS
4. VOLUNTEER AT A YOUTH ALLIANCE
5. READ TO SENIOR CITIZENS
6. VOLUNTEER AT YOUR LOCAL ANIMAL SHELTER
7. BECOME A TUTOR FOR LOCAL YOUTH
8. VOLUNTEER AT YOUR LOCAL SOUP KITCHEN
9. DONATE YOUR TIME AT YOUR CHURCH
10. VOLUNTEER AT YOUR LOCAL HOMELESS SHELTER



MY *ultimate* SUMMER BUCKET LIST



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Five horizontal lines for writing, positioned to the right of the dashed circle.

Eight horizontal lines for writing in the lower section of the page.

