

# CREATING A

## BUCKET

## LIST

**Make it impressive to yourself (versus others).**

**Make it about your passions, loves, enjoyment and growth. What things make you happy that you haven't experienced in a long time? (For instance, I miss getting piggy back rides :))**

**Create items from different areas of your life, not just dream trips. What can happen at home that you would love to see happen?**

**Think about what you loved as a child to draw from (i.e. building forts, ice skating) and implement them into your bucket list. Visit forts, build one for the neighborhood, ice-skating next winter, etc.)**

**Don't worry about making it all at once. Allow things to come to you as you're inspired.**

**Make both simple and challenging bucket list items. Life isn't living without challenges, but we also need things that come easy.**

**Make sure you don't make it a "someday" list instead of a bucket list. One of the items on your list should be something that you can do right now so that you begin taking on your bucket list asap.**

**Some items on your list need to include family or friends or even strangers. Don't make a loner bucket list. Make sure that you have help with some items.**

**Is there a dream job you would have loved to do? Can you become an amateur at it? (i.e., photography, artist, gardener)**

**I have included a form to begin your Bucket List on. You can print it out and begin writing it, or begin your own. 1st goal: make a bucket list!**

**[WWW.BACKTOBEINGAWOMAN.COM](http://WWW.BACKTOBEINGAWOMAN.COM)**

CREATE A

BUCKET

LIST

1.

---

2.

---

3.

---

4.

---

5.

---

6.

---

7.

---

8.

---

9.

---

10.

---

*Back To Being A Woman*™

**Sign your name to pledge allegiance to your list :)**

**Date:** \_\_\_\_\_