

# My Bucket List

## Career & Business



### CAREER

- Get a job you love
- Get a part-time job
- Get a full-time job
- Get a job that's creative
- Work from home
- Become an expert in field
- Become a mentor to someone
- Become the project leader
- Get a higher salary
- Become a published author
- Speak at an event
- Get a big promotion
- Become a leader
- Complete industry certification
- Achieve work-life balance
- Get master degree
- Get a PhD
- Run for a public political role
- Quit job and start own business
- Quit job and retire

### BUSINESS

- Create a location independent business
- Create a local business
- Sell something online
- Sell a book
- Become a coach based on your expertise
- Raise your rates
- Start a blog
- Start a podcast
- Own a store
- Become an affiliate
- Define your personal brand
- Earn a million dollars in your own business
- Sell a piece of art
- Design your own t-shirt and sell it
- Hire a new employee
- Fire the person that's not doing a great job
- Become a freelancer
- Get featured in an ad campaign
- Become a 100k / year business
- Become a 1 million / year business
- Have all your business systems in place
- Create a business that mostly runs itself
- Have own business cards
- Start a restaurant
- Set up an Instagram account
- Set up a Pinterest account
- Create a Facebook page
- Create an online store
- Design and sell a product
- Do a local paid workshop
- Do an online paid workshop
- Do an online webinar
- Publish an ad on Facebook
- Hire an influencer

# My Career & Business *Bucket List*



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# My Bucket List

## Family



- Have kids
- Be happy without kids
- Have a good relationship with my daughter
- Have a good relationship with my son
- Have a good relationship with my mom
- Have a good relationship with my dad
- Have a good relationship with my sister
- Have a good relationship with my brother
- Be a great mum
- Create a happy home life for kids
- Discuss feelings openly
- Become an example of what's possible to your children
- Organise a family photo session
- Tell your mom you love her
- Tell your dad you love him
- Forgive your parents
- Love parents unconditionally
- Love kids unconditionally
- Write your parenting manifesto
- Design your family logo
- Research your family tree
- Enjoy the empty nest
- Spend lots of time with family
- Visit parents every week
- Arrange a good retirement home for parents
- Have parents live at your property
- Feel strongly connected to family

# My Family *Bucket List*



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# My Bucket List

## Financial & Money



- Pay off the mortgage
- Earn 100k
- Earn 1 million dollars
- Earn what I'm worth
- Create passive income
- Have no debt
- Have no credit card debt
- Have positive net worth
- Have an IRA
- Retire
- Win the lottery
- Have an asset register ready
- Invest in a stock
- Invest in a house
- Invest in self by taking a course
- Invest money back into own business
- Get educated on personal finance
- Save \$..... every month
- Start a college fund for kids
- Have an emergency fund
- Set aside funds for vacation
- Create your retirement plan and set the budget
- Pay off student loan
- Pay off credit card debt
- Get a good tax consultant
- Hire a good financial advisor
- Learn how to do own taxes properly
- Make a huge frivolous purchase and pay in cash
- Write a will
- Budget family expenses
- Invest in a new startup company
- Gamble a predetermined amount of money
- Financial freedom
- Own investment real estate

# My Financial & Money *Bucket List*



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# My Bucket List

## Health & Fitness



### BODY IMAGE

- Feel fit and strong
- Love own body
- Look good and feel it!
- Accept myself completely as I am
- Compliment myself each day in the mirror
- Lose ..... pounds
- Gain ..... pounds
- To weigh ..... pounds

### FITNESS

- Do an exercise I love every day
- Stop overeating
- Stop overdrinking
- Reach goal weight
- Walk straight
- Sleep 8 hours each night
- Have a toned body
- Have a strong body
- Run a marathon
- Join a sports club
- Eliminate processed food from diet
- Cook all your own meals
- Get healthy meals delivered each day
- Get a gym membership
- Do yoga every week
- Take a walk every day
- Get flexible
- Spend time in nature every week

### HEALTHY EATING

- Do a detox cleanse
- Go on a detox retreat
- Learn how to cook healthy
- Become a vegetarian
- Become a vegan
- Design your own perfect green smoothie
- Plan your meals one week in advance
- Stick to food protocol
- Stop eating processed food
- Quit sugar and flour

### GENERAL HEALTH

- Have more energy
- A healthy heart
- Be free of health complaints
- Have a healthy BMI
- Achieve perfect posture
- Get eyes properly measure and get the right glasses
- Complete yearly health check
- Be free from anxiety or know how to manage it
- Accept current health situation
- To get a diagnosis for my health issue
- To be free of stress or know how to manage it
- Accept age and enjoy it
- Become an organ donor
- Meditate on a regular basis
- Floss every night

# My health & fitness *Bucket List*



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# My Bucket List

## Food & Drink Experiences



- Attend a beer festival
- Visit a winery
- Attend a tea tasting
- Bake a cake for a loved one
- Cook Christmas dinner
- Cook Thanksgiving dinner
- Cook with a friend
- Cook for the neighbors
- Cook a dish from a different culture
- Cook something you've never cooked before
- Cook every dish in one cook book
- Create the perfect green smoothie
- Create the perfect milkshake
- Create own recipe
- Create personal cookbook
- Take beautiful images from your food
- Publish your own recipes
- Have a drink at an ice bar
- Eat breakfast in bed
- Have dinner cooked by a celebrity chef
- Eat raw food for a day
- Detox with uncooked food for a week
- Eat alone in a restaurant
- Eat at a food truck
- Try caviar
- Try fondue
- Extract honey from a bea hive
- Collect a new wine each month
- Organise at least 5 dinner parties this year
- Make a gingerbread house
- Recreate a classic dish
- Try oysters
- Drink coconut milk from a coconut
- Try sashimi

# My Food & Drink

# Bucket List



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# My Bucket List

## Hobbies & Entertainment



### HOBBIES AND THINGS THAT MAKE LIFE MORE FUN

- Learn a new language
- Read a book each week
- Listen to a book each week
- Learn a martial art
- Try an aerial yoga class
- Learn to play an instrument
- Play music with a group
- Get up before dawn once a week
- Learn how to knit or crochet
- Start a new facebook group
- Learn how to unicycle
- Learn a new dance
- Create a viral video
- Create a painting for house
- Write a song
- Write a book
- Make a coloring book
- Repaint your bedroom
- Take a belly dancing class
- Take a pole dancing class
- Design your own postcards for Christmas
- Sing a lot during an evening of Karaoke
- Act in a play
- Make something out of clay
- Go to a murder mystery dinner
- Learn how to blow glass
- Attend a fashion show
- Get your handwriting analyzed
- Make a candle
- Attend a gallery opening
- Make a calendar from your own photos
- Make a font out of your handwriting
- Create a beautiful scrapbook
- Create mosaic art
- Go to a jazz festival
- Take part in a masquerade
- Attend a book signing
- Make own clothes
- Be on the cover of a magazine
- Refurbish your furniture
- Write a letter in calligraphy
- Go to a poetry reading
- Attend a gay pride
- Try and get out of an escape room with friends
- Attend a music festival
- Attend a white dinner
- Meet Oprah
- Meet Ellen
- Sit front row at a fashion show
- Have your palm read
- Make a home-made beauty product
- Get really good at a video game
- Be part of a commercial
- Be on a radio show
- Buy VIP tickets for your next event
- Be the first one to start dancing at a party
- Fly on a trapeze
- Perform a magic trick
- Join a hypnosis event
- Get hypnotized

# My Bucket List

## Hobbies & Entertainment



- Pose with your favorite star at a Wax museum
- Go to the movies by yourself
- Get featured in the newspaper
- Invent your own perfect sandwich
- Learn and participate in a line dance
- Ride on a ferris wheel
- See a foreign film
- Attend a movie festival
- Take a photography class
- Attend a TED talk
- Throw a themed party
- Design a website
- See an opera
- Watch a space shuttle launch
- Attend a concert of your favorite band
- Take a Burlesque class
- Attend a fancy event and walk the red carpet
- Watch 10 Oscar nominated documentaries
- Get palm read
- Order room service
- Build a sandcastle
- Solve a really difficult puzzle
- Go for a week walk
- Join a book club
- Invent something
- Learn to juggle
- Solve a Rubik's cube
- Whistle with 2 fingers
- Play Trivial pursuit
- Learn the alphabet in sign language
- Learn to play bridge
- Read a book series (Try: Masters of Rome)
- Read a classic novel
- Climb an indoor rock wall
- Play tennis with friends
- Do a handstand
- Go ice fishing
- Go deep sea fishing
- Go to the Superbowl
- Attend a baseball game
- Attend a soccer game
- Go to Nascar
- Join a bowling league
- Learn to curl
- Learn to skate
- Try karate
- Learn to squash
- Play a tennis match
- Play a volleyball match
- Play soccer with friends
- Go for a bike ride
- Try an e-bike tour
- Stand on a peddle board
- Take a self-defense class
- Take a zumba class
- Take a yoga class
- Experience weightlessness

### WATCH 10 MOVIES OF ALL TIME (SUGGESTIONS)

1. The Social Network
2. The Social Network
3. The Godfather
4. The Shawshank Redemption
5. Titanic
6. The Matrix
7. A few good men
8. Groundhog Day
9. Up
10. Rear Window

# My Hobbies & Entertainment

# *Bucket List*



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# My Bucket List

## Lifestyle & Practical



### LIFELONG DREAMS

- Get my own house
- Own my house
- A house by the sea
- A house in the countryside
- A house by the lake
- A castle
- A farmhouse
- An art studio
- A Bed & Breakfast in a beautiful place
- An apartment in a big city
- A house in the mountains
- A house in a forest
- A compound with multiple houses for whole family
- A beautiful garden
- Sell my house and go traveling
- Take beautiful images from your food
- A house abroad
- A private island
- Simplify
- To be free
- Travel around the world
- Travel for ..... Months in the year

### PRACTICAL LIFE IMPROVEMENTS

- Live in a clean house
- Manage time better and create a schedule
- Have house completely renovated
- Limit social media to 1 hour per day
- Create own personal sanctuary in own home
- Organise all photos
- Print out old photos
- Digitize old home movies
- Redesign & decorate one room
- Get rid of any things that do not bring joy
- Get a personal chef
- A beautiful backyard
- A home with wide open spaces

# My Lifestyle & Practical *Bucket List*



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# My Bucket List

## Travel & Adventure



Take 1 month long vacation

Take a gap year and travel

Visit the 7 natural world wonders

1. Grand Canyon, USA

2. Parícutin, Mexico

3. Northern lights

4. Victoria Falls, Zambia / Zimbabwe

5. Rio de Janeiro harbor

6. Great Barrier Reef

7. Mount Everest, Nepal

Visit all contents

Visit 1 new country each year

Do a road trip for one month

Visit 1 new place every week

Visit the northern lights

Learn how to scuba dive

Visit the north pole

Go on a wildlife safari

Take a cruise

Swim in the dead sea

Visit the 8 man-made world wonders

1. Great wall of China

2. Christ the Redeemer Statue (Rio de Janeiro, Brazil)

3. Machu Picchu (Peru)

4. Chichen Itza (Yucatan Peninsula, Mexico)

5. The Roman Colosseum (Rome, Italy)

6. Taj Mahal (Agra, India)

7. Petra (Jordan)

8. The pyramids of Giza (permanent honorary member)

Sail around the Galapagos Islands in Ecuador

Ride in a hot air balloon

Attend the Olympics

Attend Carnival in Rio

Be in the audience of Ellen or another TV show you love

Do a bungee jump

Attend a rodeo

Go skinny dipping

Go on trip by yourself

Go on a yoga retreat

Do a skydive

# My Bucket List

## Travel & Adventure



- Ride the luge off the great wall of China
- Swim with sharks
- Go snorkelling on the great barrier reef
- Climb a volcano
- Stay at a 5-star resort
- Stay at an all-inclusive resort
- Visit Uluru in Australia
- Cuddle a koala
- Go horse riding on the beach
- Visit an observatory and view the stars and planets
- Walk through a rice field

### Live in a major city for a month

- New York
- Paris
- London
- Rome
- Shanghai
- Sydney
- Swim in the ocean
- Sleep in an ice hote

- Swim with sea turtles
- Witness a solar eclipse
- Watch a family of whales
- Visit a major international art exhibition
- Attend a traditional Japanese wrestling event
- Fly first class
- Visit the moulin rouge in Paris
- Visit a formula 1 race

### Attend the world's best museums. (Top 10 Suggestions)

- 1. British Museum, London
- 2. Anne Frank House, Amsterdam
- 3. The Louvre, Paris
- 4. Vatican City and the sixteenth Chapel, Rome
- 5. The State Hermitage, St Petersburg
- 6. Acropolis museum, Athens
- 7. The Metropolitan Museum of Art, New York
- 8. The Egyptian Museum, Cairo
- 9. Guggenheim Museum, Bilbao
- 10. Tate Modern, London
- Visit the Tour de France

# My Bucket List

## Travel & Adventure



- Book a photographer on your next trip
- Drive on the other side of the road
- Go canoeing
- Haggle at an open market
- Have a white Christmas
- Celebrate Christmas on the beach
- Do a yoga retreat
- Go on a golf retreat
- Fly in a plane
- Fly in a helicopter
- Fly in a private jet
- Fly in a glider
- Cruise on a big ship
- Drive in a speed boat
- Drive a sports car
- Ride a camel
- Ride a horse
- Ride a Go Kart
- Ride a jetski
- Ride a segway
- Ride in a tuk tuk
- Ride on a cable car
- Explore a rainforest
- Be a tourist in your own city
- Go on a safari
- Visit an aquarium
- Visit a big waterfall
- Take train cross country
- Visit the pyramids
- Visit a castle
- Visit a gold town
- Meet someone royal
- Walk on a glacier
- Visit an international festival

# My Travel *Bucket List*



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# My Bucket List

## Relationships & Friendships



- Have a best friend
- Have many friends
- To feel strongly connected to friends
- Find a soulmate
- Go on a blind date
- Go speed dating
- Be happy single
- Propose marriage in an original way
- Get engaged
- Get married
- Stay married
- Come out as a gay person
- Make a new friend
- Meet new people each week
- Surprise someone
- Spice up your sex life
- Write a love letter
- Attend a same sex wedding
- Officiate a wedding
- Renew your vows
- Cover your bed in rose petals
- Find and reconnect with long lost friends
- Forgive someone
- Love yourself unconditionally
- Love others unconditionally
- Have a meaningful conversation with a stranger
- Give a stranger a hug
- Give someone a compliment daily
- Meet someone you met online in real life
- Meet a world leader
- Get a friend 20 years younger than you
- Get a friend 20 years older than you
- Do a sleepover with a friend
- Do a nude photo session and gift to your beloved
- Give someone a handmade gift
- Join a local community
- Organise a community dinner
- Organise a street party
- Find a compatible travel companion

# My Relationships & Friendships

# Bucket List



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# My Bucket List

## Personal Growth & Development



- Go to a restaurant by yourself
- Resist an urge
- Learn to feel a feeling on purpose
- Take a personal development course
- Get a life coach
- Get a business coach
- Set a goal for the year and schedule all tasks to complete it
- Get control over your time
- Do something scary every day
- Set a Big Hairy Goal
- Create a 5 year plan
- Be more motivated
- Schedule and plan your whole year
- Decide on a special word for the next year and live by it
- Do a SWOT analysis of yourself (strengths, weaknesses, opportunities, threats)
- Start a gratitude journal
- Read from personal development book every day
- Become a good negotiator
- Learn how to say no
- Stop comparing to others
- Go after your dreams without apologizing
- Write down 10 affirmations and record them. Play them each day.
- Tell someone you love them every day (this could be to yourself)
- Learn how to stand up for yourself
- Laugh out loud at least once a day
- Learn how to play an instrument
- Conquer a lifelong fear
- Attend an event from your favorite inspirational person
- Create your own mission statement
- Select your 100 favorites from this list and create your own bucket list
- Be vulnerable
- Embrace spirituality
- Embrace religion
- Leave religion
- Read a book to open up your mind
- Listen to a podcast that broadens your mind

# My Bucket List

## Personal Growth & Development



Watch a movie that makes you think. (Suggestions)

1. Inside Out
2. The Matrix
3. Eternal Sunshine of the Spotless Mind
4. Groundhog day
5. A beautiful mind
6. One flew over the cuckoo's nest
7. Her
8. Interstellar
9. The Truman Show
10. Never let me go
11. Girl, Interrupted
12. The Silence of the Lambs
13. American Beauty
14. Interception
15. Good Will Hunting
16. La vita e bella
17. Forrest Gump
18. The Pursuit of Happiness

- Practice seeing the world as a child again
- Create something in the world that didn't exist before
- Devise a plan to stop procrastinating
- Forgive yourself for any mistakes made
- Dare to pursue a dream
- Accept the things that cannot be changed
- Live in the NOW
- Accept that you can't control other people's actions
- Accept that you can't control other people's thoughts
- Accept that you can't control other people's feelings
- Operate from a future focus, not a past focus
- Feel organised and in control
- Make yourself a priority
- Make others and service a priority
- Define purpose
- Set clear goals
- Write a letter to your future self
- Write a letter from your future self
- Complete bucket list for 2020

# Bucket List



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# My Bucket List

## Service & Society



- Give away more money
- Volunteer for a favorite cause
- Work part-time for favorite charity
- Sponsor a charitable event
- Start a scholarship fund
- Become major sponsor of an event
- Reduce carbon blueprint
- Recycle garbage
- Adopt a rescue animal
- Start a new charity
- Foster a child
- Volunteer in an elephant sanctuary
- Fund a school in a developing country
- Teach a disadvantaged child
- Volunteer at an elderly home
- Feed a homeless person
- Give blood
- Foster a puppy
- Give up your seat to someone
- Make a Kiva.com loan
- Pay someone else's bill
- Serve food to a soup kitchen
- Teach a class
- Vote during an election
- Volunteer at an orphanage

# Bucket List



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# My Bucket List

## Style & Beauty



### STYLE

- Love everything in closet
- Wear more color
- Wear clothes with confidence
- Only have clothes in closet that fit
- Dress for myself
- Buy a Chanel dress
- Do a month without close shopping
- Do a year without clothes shopping
- Go on a shopping spree
- Only buy something new when I can let go of another item
- Store all clothes into one closet
- Share an outfit on Instagram
- Join the 40+style community group
- Restyle an old outfit
- Alter an old garment
- Do a glamor photo session
- Find signature style
- Find the perfect little black dress
- Get a fabulous colorful dress
- Find the perfect party dress
- Find the perfect fitting pants
- Find a fabulous dress with sleeves
- Find quality clothes in beautiful fabrics
- Create the perfect work capsule
- Create the perfect casual capsule
- Create a great 'uniform'. An outfit that looks good always.
- Define style personality
- Copy a favorite outfit from a magazine or blog
- Buy and wear super sexy lingerie
- Define best colors for my style
- Take the 40+style style course
- Create a capsule wardrobe
- Create a sports capsule wardrobe
- Do a minimalist challenge (create 7 different outfits from 10 items)
- Wear something out of comfort zone
- Knit a scarf
- Find the most beautiful designer shoes
- Find stylish shoes you can walk in for a long time
- Get fitted for a bra
- Get bras for different styles of tops
- Get invisible panties
- Buy an outfit from a thrift store
- Understand body shape
- Buy up-to-date glasses
- Have multiple glasses for various outfits
- Get a personal shopper
- Get a personal stylist
- Hire a style coach
- Hire a (body) confidence coach
- A walk in wardrobe
- Own Tiffany jewelry

# My Bucket List

## Style & Beauty



### BEAUTY

- Find the perfect wig
- Be comfortable in aging skin
- Get an eyelash extension
- Get eyelashes colored
- Get eyebrows shaped monthly
- Get botox
- Get face fillers
- Get a face lift
- Accept self just as you are
- Love your wrinkles
- Feel good without makeup
- Go one week without makeup
- Wear makeup for a whole week
- Get dressed nicely every day
- Get a bikini wax
- Discover signature scent
- Know signature scent for summer and winter
- Get a tattoo
- Get a full body massage
- Get a foot massage
- Get a fish massage
- Get very good at putting on makeup
- Get a personal trainer
- Change hair color
- Get a blow out
- Get hair curled
- Get a short haircut
- Wear hair in a non-natural color
- Get the perfect hairstyle
- Get healthy hair
- Wear a wig for a day
- Get a spray tan
- Take a mud bath
- Get a gel manicure
- Get a weekly manicure
- Get a monthly facial
- Find the best foundation for skin
- Learn how to do own party makeup
- Start a great skincare routine
- Get a makeup lesson
- Create the perfect smokey eye
- Wear bright red lipstick
- Try face contouring
- Try fake eyelashes

# My Health & Beauty *Bucket List*



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# My Personal Bucket List

# 2020



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