

Bucket List Building

Dreaming and Planning Your Life Adventures

Overview

Building a Bucket List Together is a 2-3 hour exercise where couples brainstorm and prioritize experiences, accomplishments, and adventures they want to share before they die. Unlike vague "someday" wishes, a well-crafted bucket list becomes a roadmap for an intentional, adventurous life together. Research shows that couples who share novel, exciting experiences maintain higher relationship satisfaction and feel more in love than those who fall into routine.

Why Bucket Lists Matter for Relationships

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The Five Categories of Bucket List Items

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The Bucket List Building Process

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Making Your Bucket List Actionable

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Questions to Spark Ideas

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Common Bucket List Mistakes

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Annual Bucket List Review

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