



The Life List Discovery Guide: *Making the Most of the Days Ahead*

Inspired by the questions explored in our blog about grief, living intentionally, and creating a meaningful second act.

What Would I Like More Of?

Check any that resonate with you.

- ☐ Adventure
- ☐ Learning
- ☐ Creativity
- ☐ Connection
- ☐ Travel
- ☐ Friendship
- ☐ Quiet Time
- ☐ Purpose
- ☐ Laughter
- ☐ Nature
- ☐ Health & Wellness
- ☐ New Experiences
- ☐ Simplicity
- ☐ Community
- ☐ Other: _____



Who Would I Like to Spend More Time With?

What Brings Me Joy?

Think about activities, interests, places, or simple pleasures.

What Would I Like My Days to Include More Often?

Examples:

- Reading
- Walking
- Learning
- Traveling
- Volunteering
- Creating
- Gathering with friends

My list:

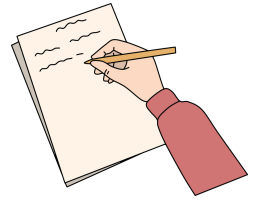
Making Ordinary Days Special

What are three simple things that make an ordinary day feel richer?

1.

2.

3.



My Life List for This Season

This is not a bucket list of things to accomplish.

It is a list of what I would like my life to contain.

I would like more:

I would like less:

I would like to spend more time:

I would like to make room for:

Final Thought

A bucket list asks:

What do I want to do?

A Life List asks:

What do I want my days to contain?

May your days ahead be filled with meaning, connection, growth, and joy.