



secondactinspiration

Creating Your Life List

Designing a richer, more fulfilling
second act one day at a time.

secondactinspiration.com

What Would You Put on Your Life List?

Many of us have heard of a bucket list, a collection of places to visit, adventures to take, and experiences to have someday. A life list is different. It focuses on the experiences, relationships, contributions, and everyday moments you want to include in your life now and in the years ahead. This isn't about checking off accomplishments. It's about creating a life that feels meaningful, joyful, and fully lived.



hello
Summer



Section 1: What Is a Life List?

Bucket List	Life List
What do I want to do?	How do I want to live?
One-time experiences	Ongoing experiences
Achievement-focused	Fulfillment-focused
Someday	Starting now

Reflection Questions

- *What do I want more of in my life?*
- *What experiences make me feel most alive?*
- *What do I want my days to contain?*
- *What matters most to me at this stage of life?*

Section 2: Experiences I Want to Have

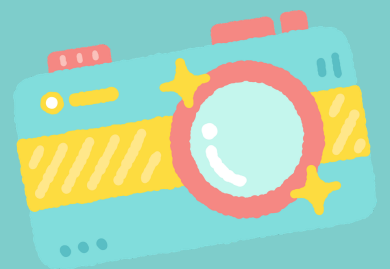


Not necessarily big trips.

Examples:

- Explore more small towns.
- Visit local museums.
- Take a train trip.
- Attend outdoor concerts.
- Spend more time in nature.

My List:





Section 3: Relationships I Want to Nurture

Prompts:

- Friends I'd like to reconnect with.
- Family relationships I'd like to strengthen.
- New friendships I'd like to create.
- Communities I'd like to join.



Names:

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Notes:

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Section 4: Things I Want to Learn



Examples:

- Photography
- Gardening
- AI tools
- Watercolor painting
- Local history
- A new language

Prompt:

What have I always been curious about but never explored?





Section 5: Ways I Want to Contribute

Many women in their second act are looking for purpose.

Examples:

- Mentor someone.
- Volunteer for a cause I care about.
- Share my expertise.
- Support a local organization.
- Write down family stories.

My Contribution List:



Section 6: Everyday Joys



Prompt:

What simple things make an ordinary day feel special?

Examples:

- Fresh flowers on the table.
- Using the good towels.
- Coffee on the porch.
- Reading for pleasure.
- Long walks.
- Lunch with friends.
- Visiting a bookstore.

My Everyday Joy List



Section 7: Taking Care of Me



A fulfilling life begins with caring for yourself, not just physically, but emotionally, mentally, and spiritually. As you think about your Life List, consider the practices and habits that help you feel your best and support the life you want to create.

I want to:

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Prompts

Physical Well-Being

What helps you feel healthy, energized, and strong?

Examples:

- Walking regularly
- Chair yoga
- Strength training
- Eating more vegetables
- Getting enough sleep
- Drinking more water

Section 8: My Top 10 Life List



Bringing It All Together

Take a look at everything you've written so far. Which experiences, relationships, contributions, everyday joys, and personal priorities matter most to you right now?

Remember, a Life List isn't about accomplishing more. It's about creating a life that feels meaningful, fulfilling, and true to who you are becoming.

Choose the ten things you would most like to include in your life during this season.

Closing Thought

Your Life List isn't a set of goals to complete. It's a reminder of what matters most to you. Return to it often. Add to it. Revise it. Let it evolve as you do.

The purpose isn't to create a perfect life. It's to create a life that feels more meaningful, more joyful, and more fully lived.

