

## Un-Bucket List Starter Sheet

This summer, let's celebrate the small, joyful, and meaningful moments that make life fulfilling. Use this list to select activities that bring you happiness, and mark them off as you complete them. Feel free to add your own too!

### ✨ Try These Un-Bucket List Ideas:

- ☐ Eat dessert first
- ☐ Watch a sunset or sunrise
- ☐ Call a friend you haven't spoken to in years
- ☐ Sit in your backyard doing absolutely nothing
- ☐ Dance in your kitchen
- ☐ Wear something that makes you feel fabulous
- ☐ Try a recipe you never made
- ☐ Buy fresh flowers for yourself
- ☐ Take a walk without your phone
- ☐ Listen to your favorite music from your teens
- ☐ Have a picnic, even if it's just in your living room
- ☐ Visit a local farmers' market
- ☐ Say no to something you don't want to do
- ☐ Write a love note to yourself
- ☐ Make a list of things you're grateful for
- ☐ Treat yourself to a fancy coffee or tea
- ☐ Revisit a hobby you used to love
- ☐ Take a nap without guilt
- ☐ Compliment a stranger
- ☐ Declutter one small space and enjoy the calm
- ☐ Start a summer journal of joyful moments
- ☐ Try something totally new (even if it's a small step!)

### ✍ Add Your Own Un-Bucket List Ideas:

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## 🌟 Bold & Joyful Un-Bucket List

This isn't your average bucket list. It's an "Un-Bucket List". It's a playful challenge to try things that spark joy, curiosity, and maybe even a little courage. This summer, go beyond the usual. Pick a few from this list, or create your own, and share your adventures!

### 🌀 Ready to Shake Things Up? Try These:

- ☐ Take yourself out on a solo date: dinner, movie, or museum
- ☐ Try paddle boarding, kayaking, or something adventurous near water
- ☐ Book a spontaneous day trip to a town you've never explored
- ☐ Wear red lipstick or something bold just because
- ☐ Strike up a conversation with a stranger and really listen
- ☐ Post a selfie or video sharing something you love or believe in
- ☐ Attend a live music event or dance outdoors (bonus if barefoot!)
- ☐ Say yes to something that scares (or excites) you
- ☐ Host a themed Zoom party (hat party, 70s music night, etc.)
- ☐ Sing karaoke even if it's in your living room
- ☐ Write a letter to your younger self and read it aloud
- ☐ Take a class in something totally unexpected (acting, improv, coding!)
- ☐ Let yourself be the oldest one in the room and own it
- ☐ Write a story or article and submit it somewhere (or share with the group)
- ☐ Try a new hair color or bold nail polish
- ☐ Ask someone for help or a favor without guilt
- ☐ Create and name your alter ego, then dress and act like her for a day
- ☐ Get a professional photo shoot just for you
- ☐ Plan a "YES day" and say yes to everything (within reason!) for 24 hours

### 💡 Add Your Own Bold Un-Bucket List Ideas:

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✓ Choose 5 that stretch your comfort zone (in a good way!) and try them this July. Other to live boldly.