



10-Week Bucket List Exercise

Creating and working towards personal bucket list goals can have positive benefits to our overall well-being.

Step 1: Why Would Creating A Bucket List Improve Your Well-Being?

1. Setting specific and challenging goals can enhance motivation and performance. Bucket lists can serve as a list of those goals, creating a clear direction and purpose.
2. Trying new activities and experiences from a bucket list can bring out positive emotions like joy, excitement, and fulfillment.
3. Crossing items off of a bucket list helps us feel a sense of achievement and satisfaction, which supports our self-esteem and confidence.
4. Some bucket list goals could involve spending time with friends, family, or others from the community. Social connection can improve our happiness and well-being.
5. Bucket lists can include growth goals that push us outside of our comfort zones or allow us to learn new skills. This creates a sense of fulfillment and purpose.

STEP 2: What Would Be On Your 10-Week Bucket List?

Start brainstorming below on some of the goals, experiences, and wants you have that you might be able to accomplish and/or work towards in the next 10 weeks. Place them under the different themed categories in order to see where your focus might be leaning for your 10 week bucket list.

Personal	Professional	Friends/Family	Community	Miscellaneous

STEP 3: How Can You Work Towards Your Bucket List Items Each Week?

Choose the most important and/or interesting bucket list items from Step 2 and consider scheduling in weekly action steps to work towards making them happen. You can choose to work on them individually with focus or multiple ones simultaneously. Remember that some weeks can be dedicated to research, processing, and/or planning while other weeks can be dedicated to following through and making it happen!

Week 1 Dates: _____

STEPS & ACTIONS

Week 2 Dates: _____

STEPS & ACTIONS

Week 3 Dates: _____

STEPS & ACTIONS

Week 4 Dates: _____

STEPS & ACTIONS

Week 5 Dates: _____

STEPS & ACTIONS

Week 6 Dates: _____

STEPS & ACTIONS

Week 7 Dates: _____

STEPS & ACTIONS

Week 8 Dates: _____

STEPS & ACTIONS

Week 9 Dates: _____

STEPS & ACTIONS

Week 10 Dates: _____

STEPS & ACTIONS