DATE _____

# 100 bucket *list ideas.*

*Ten for each kind of experience. Mark the ones that pull at you.*

## I Travel

- ◯ See the northern lights
- ◯ Walk the Camino de Santiago
- ◯ Cross a country by sleeper train
- ◯ Visit all seven continents
- ◯ Live abroad for a month
- ◯ See the cherry blossoms in Japan
- ◯ Drive a famous road trip
- ◯ Visit the town your family came from
- ◯ Watch the sunrise from a mountaintop
- ◯ Travel somewhere alone

## II Nature

- ◯ See a total solar eclipse
- ◯ Sleep under the stars in the desert
- ◯ Snorkel over a coral reef
- ◯ See whales in the wild
- ◯ Walk on a glacier
- ◯ Watch a meteor shower far from city lights
- ◯ Kayak a river for several days
- ◯ Camp alone for a night
- ◯ See a rainforest
- ◯ Grow vegetables for a whole summer

## III Adventure

- ◯ Go skydiving
- ◯ Get certified to scuba dive
- ◯ Ride in a hot air balloon
- ◯ Run a marathon
- ◯ Go white-water rafting
- ◯ Learn to surf
- ◯ Learn to sail and cross a sea
- ◯ Do a multi-day hut-to-hut hike
- ◯ Go paragliding
- ◯ Climb a mountain over 4,000 m

## IV Learning

- ◯ Speak a language well enough to live in it
- ◯ Play a song you love on the piano
- ◯ Swim a mile without stopping
- ◯ Dance a tango or salsa at a real dance
- ◯ Fly a plane yourself, once
- ◯ Take a university course just for fun
- ◯ Learn first aid properly
- ◯ Name the constellations in the night sky
- ◯ Read 100 books from a list you choose
- ◯ Learn to drive a manual car

## V Making

- ◯ Write a book
- ◯ Build a piece of furniture you'll keep
- ◯ Record a song of your own
- ◯ Paint a portrait
- ◯ Make a short film
- ◯ Make clothes you actually wear
- ◯ Throw a pot on a wheel
- ◯ Make a family recipe book
- ◯ Build a website for something you love
- ◯ Keep a journal for a whole year

### *How to use this list*

Read every line once and mark the ones that make you sit up a little. Don’t judge yet.

Cross out what you’d only do for the photo.

Turn over, then write your own list on page 3.

# Then pick *your top three.*

*The rest can wait on the list. The top three get a year and a first step, or they stay "someday".*

## VI Food

- ◯ Eat at a restaurant you've saved up for
- ◯ Take a cooking class abroad
- ◯ Visit a coffee farm at harvest
- ◯ Bake sourdough from your own starter
- ◯ Eat your way through a night market
- ◯ Host a dinner for twelve
- ◯ Go foraging with a guide
- ◯ Cook a meal entirely from your garden
- ◯ Make fresh pasta from scratch
- ◯ Cook a dish from every country you visit

## VII Health

- ◯ Run a half marathon
- ◯ Do ten pull-ups
- ◯ Cycle 100 km in a day
- ◯ Finish a triathlon
- ◯ Walk 1,000 km in a year
- ◯ Hold a handstand for ten seconds
- ◯ Do a month without alcohol
- ◯ Go on a silent retreat
- ◯ Swim across a lake
- ◯ Be able to touch your toes at 70

## VIII Together

- ◯ Spend a week with no phones
- ◯ Go back to where you met
- ◯ Take a road trip with no plan
- ◯ Learn to dance together
- ◯ Write letters to open in ten years
- ◯ Cook through one cookbook together
- ◯ See a sunrise and a sunset on the same day
- ◯ Visit a country neither of you has seen
- ◯ Plant a tree together
- ◯ Take a class together

## IX Giving

- ◯ Volunteer every month for a year
- ◯ Join the bone marrow donor registry
- ◯ Mentor someone starting out
- ◯ Teach a skill you love
- ◯ Give a gift that changes someone's year
- ◯ Help build a house for someone
- ◯ Foster an animal
- ◯ Start something your town still has in 20 years
- ◯ Plant 100 trees
- ◯ Record an older relative's stories

## X Close to home

- ◯ Visit every museum in your city
- ◯ Be a tourist in your own town for a day
- ◯ Swim outdoors in every season
- ◯ Go to a concert alone
- ◯ Cook twelve new recipes in twelve months
- ◯ Sleep somewhere unusual nearby
- ◯ Spend a weekend without screens
- ◯ Write a letter to your future self
- ◯ Learn the names of your neighbors
- ◯ Watch the sunrise once a season

### *My top three*

1

2

3

Give each a year and a first step you could take this month.

STARTED _____

# My bucket list, *short and mine.*

*Up to twenty experiences. Give the top three a year and a first step; tick the rest off when their turn comes.*

| | THE EXPERIENCE | YEAR | FIRST STEP | DONE |
|---|---|---|---|---|
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