



What's a Bucket List?

If you have never heard of the term “bucket list”, it is a list of all the goals you want to achieve, dreams you want to fulfill, and life experiences you wish to experience before you die, or “kick the bucket”!



Why Create a Bucket List?

If we don't live our days by goals and plans, chances are that we spend most of our time caught up in a whirlwind of day to day just existing! Ever felt that your days are passing you by without any tangible output? Look at the things that you have been doing and the things that you're planning to do next — do they mean anything to you if you are to die today? Having a bucket list reminds you of what's really important to you so that you can act on them.

Creating A Bucket List!

Creating a Bucket List is like planning the highlights of our own lives! The objective of creating this list isn't to create some fear-based mentality toward death. The whole point of creating a bucket list is to maximize every moment of our existence and live our life to the fullest. **It's a reminder of all the things we want to achieve in our time on Earth so that instead of spending our time on pointless things, we direct it toward things that matter to us.**

We pray that you enjoy this exercise and that it gets you moving down the road of creating a full list of your own “mine, yours and ours” bucket lists!



The 2022 Bucket List Exercise

We are going to keep this Bucket List exercise very simple but focused! In the blanks below we want you to respond with 3 Bucket List items you individually want to accomplish in 2022, 3 Bucket List items your spouse or significant other wants to individually accomplish in 2022 and 3 Bucket List items you want to accomplish together in 2022!

My Bucket List for 2022

1. _____
2. _____
3. _____

Your Bucket List for 2022

1. _____
2. _____
3. _____

Our Bucket List for 2022

1. _____
2. _____
3. _____

