

Bucket List Ideas for

PERSONAL GROWTH

- Practice mindfulness daily.
- Improve your emotional intelligence.
- Deal with all of your past baggage.
- Practice radical self-acceptance.
- Learn to let go of things you can't change.
- Question your assumptions and limiting beliefs.
- Stop gossiping, judging, and passive-aggressive behaviors.
- Practice gratitude daily.
- Prioritize experiences over things.
- Identify your major stressors and deal with them.
- Do more of what makes you happy.
- Spend more time in nature.
- Get treated for anxiety, depression, or any other mental health issue.
- Practice self-care.
- Find and live your passion.
- Write and publish your book.
- Plant a garden.
- Adopt an animal from a shelter.
- Be a mentor to someone.
- Get involved in a cause that means something to you.
- Spend time with an elderly person.
- Teach someone to read.
- Be a foster parent.
- Clean up your neighborhood or community.
- Join the Peace Corps.
- Serve at a food bank.
- Share your expertise.
- Declutter and donate your stuff.
- Build a Habitat for Humanity house.

PERSONAL GROWTH

- Learn a new language.
- Learn how to meditate.
- Learn an instrument.
- Learn how to change a tire.
- Learn how to start a blog.
- Learn how to be a gourmet cook.
- Learn public speaking skills.
- Learn ballroom dancing.
- Learn how to draw or paint.
- Learn to drive a manual transmission car.
- Learn how to defend yourself.
- Learn how to play bridge.
- Learn how to code.
- Learn digital photography.
- Learn yoga.
- Learn a new sport.
- Learn how to communicate effectively.
- Take a ride in a fighter jet.
- Go bungee jumping.
- Sell your possessions.
- Take a year off and travel the world.
- Go whitewater rafting.
- Ride in a hot air balloon.
- Learn how to windsurf.
- Finally, quit your job.
- Test drive a Lamborghini or Ferrari.
- Go skinny dipping in the ocean.
- Make a speech in front of hundreds of people.
- Tour the country on a motorcycle.
- Try hang gliding.
- Take a ride on the steepest, craziest rollercoaster near you.
- Buy a ticket today and fly off for an impromptu vacation.
- Audition for band or theatre group.
- Organize a flash mob.
- Chase a tornado (with professionals).
- Conquer your biggest fear.