

# Bucket List Ideas for Travel

- Swim in each of the four major oceans
- Hike through the Himalayas
- See Machu Picchu in Cuzco, Peru
- Touch six out of the seven continents
- Go on a wildlife safari
- See the Taj Mahal in Uttar Pradesh, India
- Journey to the Grand Canyon
- See the Great Pyramid of Giza in Egypt
- See Christ the Redeemer in Rio de Janeiro, Brazil
- Road trip across the entire United States
- See the Great Wall of China
- Sail around the Galapagos Islands in Ecuador
- Go on a week-long cruise
- See the ruins of Petra in Jordan
- Island hop around Greece
- Experience the Northern Lights
- See the Colosseum in Rome
- Spend a week camping off the grid
- Dive at the Great Barrier Reef
- See Chichen Itza in Yucatan, Mexico
- Swim with wild pigs in Exuma, Bahamas

# Bucket List Ideas for Your Career

- Reach “expert” level in your field
- Have a positive work attitude every day
- Tell someone how they’ve inspired you
- Mentor a younger or less experienced coworker
- Receive a big promotion
- Teach a workshop on your job skills
- Master a new work-related skill each year
- Successfully lead a major project
- Complete industry certifications
- Speak at an industry conference or event
- Find a job you love
- Take a job where you have to travel
- Establish a healthy work-life balance
- Find a way to love the job you have
- Donate to a cause that’s important to you
- Take a month-long vacation
- Negotiate a raise with your boss
- Retire early!
- Start a passion project or side business
- Write a book about your career expertise
- Learn how to negotiate workplace conflicts

## Bucket List Ideas for

# Health + Wellness

- Go vegetarian for one month
- Compliment yourself every day in the mirror
- Wear sunscreen for all outdoor activities
- Go vegan for one month
- Floss every night
- Visit your physician for a check-up
- Eat an entirely plant-based diet for a month!
- Tell someone you love them every day
- Reach your goal weight
- Cook all your own meals for two weeks
- Find a fitness routine that works for you
- Get eight hours of sleep every night
- Meditate for 15 minutes before bed
- Stretch for five minutes every morning
- Stay up-to-date on vaccines and flu shots
- Make an appointment with a mental health counselor
- Stand up and stretch every hour at work
- Try a new type of exercise (cycling, yoga, etc)
- Get a gym membership
- Eliminate processed foods from your diet
- Work on giving up any negative feelings you've been holding on to

# Bucket List Ideas for Finances

- Read five books about healthy finances
- Start a family vacation fund
- Fully fund a charitable event
- Teach your children the value of money from an early age
- Go back to school for your Master's or PhD
- Pay off all credit card debt
- Start a spare change jar at home
- Make a large purchase with only cash
- Max out your IRA contribution
- Donate regularly to a charity
- Work toward an excellent credit score
- Buy your own home and pay off the mortgage
- Learn to do your own taxes
- Pay off your student loan debt
- Start a scholarship fund in your name
- Begin a college fund for each of your children
- Start your own business
- Pay off someone else's debt
- Build up a rainy day or emergency fund
- Hire 10 employees
- Become a millionaire

# Bucket List Ideas for Everything

- Become fluent in a new language
- Learn how to code
- Take an archery class
- Take up knitting or crocheting
- Try an extreme sport
- Learn how to play an instrument
- Learn a martial art
- Wake up with the sunrise every day
- Adopt a rescue animal
- Swim under a waterfall
- Ride horses on the beach
- Go bungee jumping
- Take a hot air balloon ride
- Visit an elephant sanctuary
- Attend the Olympics
- Be in the Saturday Night Live audience
- Be in a parade float
- Ride a mechanical bull
- Go skinny dipping at night
- Write a love letter
- Make a video that goes viral

# Bucket List Ideas for

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