



# BUILDING YOUR BUCKET LIST

## AN INVITATION TO DREAM WITH GOD

A bucket list is an invitation to dream with God. Ideas don't have to be grand or extravagant. Sometimes the best adventures happen right in our own backyards. It's also an opportunity to invite friends and loved ones to have rich conversations about their dreams.

What is most important? What do you hold most dear? What would you like to explore in this season of your life or over the next five years?

Consider things like time, energy, and resources when building your list. Most importantly, listen for God's still small voice as He reminds you of forgotten dreams, inspires your passions, and ignites His purpose for your life.

## DREAM WITH GOD ABOUT:

- places to see
- people to visit
- activities to try
- topics to explore
- books to read
- skills to learn
- projects to start (or finish)
- healthy habits to develop
- ways to be intentionally kind
- causes to support
- creative ways to serve
- growing deeper with Jesus

## SIMPLE BUCKET LIST IDEAS

1. Go for a leisurely walk
2. Have a picnic in the park
3. Visit a local museum
4. Write a letter to a friend
5. Watch a sunrise or sunset
6. Memorize a Bible verse
7. Support a local business
8. Plant a flower or a tree
9. Listen for songbirds
10. Splash in a puddle
11. Fly a kite
12. Decorate sugar cookies
13. Build a birdhouse
14. Build a jigsaw puzzle
15. Make heart-shaped pancakes
16. Go to a farmer's market



Visit [chronic-joy.org](http://chronic-joy.org) for more resources.

## BUILD A BUCKET LIST IN REVERSE

Is dreaming difficult? Try something different! Build your bucket list backwards by remembering all the fun, exciting, and memorable things you've experienced in your life. Things like:

- topics you've explored
- places you've traveled
- adventures you've had
- people you've visited
- skills you've learned
- causes you've supported
- projects you've completed
- ways you've been most kind
- favorite books you've read
- creative ways you've served
- your best life lessons
- verses you've memorized
- how you've grown in Jesus
- best experiences of your life

## BUILDING AN ETERNAL BUCKET LIST

### Feed the Hungry

- Make sandwiches for the homeless
- Buy groceries for a family who is struggling
- Donate food to a local pantry
- Make a meal for someone who is sick

### Clothe the Naked

- Donate clothing to a shelter
- Make baby hats or blankets for a pregnancy help center
- Donate blankets to a rescue mission

### Give Water to the Thirsty

- Donate baby formula to a pregnancy help center
- Pay for the person in line behind you at a drive-thru or coffee shop
- Invite a lonely neighbor to tea or coffee

### Visit the Sick

- Volunteer at a nursing home or hospital
- Send a card to someone who is sick, hospitalized, or homebound

### Pray for:

- your family
- your neighbors
- your friends
- your mail carrier
- your garbage collectors
- your medical team
- your cashier, delivery driver, or server
- your doctors, nurses, and medical technicians
- a local school or university
- your church family
- someone who has hurt you
- wisdom
- patience
- peace
- joy
- a deeper relationship with God



### Creative Ways to Serve

- Cut someone's lawn
- Fix someone's car
- Read to a child
- Mentor a teen
- Teach a class
- Alter a dress
- Volunteer



[chronic-joy.org/radical-community](http://chronic-joy.org/radical-community)

