



BUILDING YOUR BUCKET LIST

DREAM WITH GOD

A bucket list is an invitation to dream with God as He encourages you to hope, reminds you of forgotten dreams, inspires your passions, and ignites His purpose for your life.

Experiences can be cataloged by seasons of the year or even seasons of your life, and can include a wide variety of items from trying a new local restaurant to travelling to another country, from learning to play chess to writing your story, from candle-lit luminarias on Christmas Eve to a hot air balloon ride.

5-STEPS TO DESIGNING YOUR BUCKET LIST

As you begin to dream with God, pray through these five steps:

1. What are your core values? What do you hold most dear?
2. Dream with God about:
 - Places to see
 - People to visit
 - Skills to learn
 - Causes to support
 - Activities to try
 - People to forgive
 - Regrets to resolve
 - Books to read
 - Healthy habits to develop
 - Projects to start (or finish)
 - Random acts of kindness
 - Topics to learn about
3. What would you like to experience in this season of your life? In the next five years? In the next decade?
4. Prioritize your list based on time, energy, resources, and the things you consider most important.
5. Create a timeline by season of the year or seasons of your life.

Visit chronic-joy.org for more resources.



25 BUCKET LIST IDEAS

Sometimes all it takes is a single step to spark a brand new dream.

1. Go for a walk
2. Have a picnic in the park
3. Volunteer for a worthwhile cause
4. Write a note to a friend
5. Watch a sunrise or sunset
6. Memorize a Bible verse
7. Let your joy be contagious
8. Support of a local author
9. Visit a museum
10. Plant a flower or a tree
11. Dye Easter eggs
12. Splash in a puddle
13. Make homemade hot cocoa
14. Decorate sugar cookies
15. Do a Random Act of Kindness
16. Carve a pumpkin
17. Fly a kite
18. Visit a hometown attraction
19. Solve a jigsaw puzzle
20. Attend a concert
21. Build a birdhouse
22. Take a class or learn a skill
23. Go to a farmer's market
24. Make a gingerbread house
25. **Build a Reverse Bucket List**
 - things you've done
 - places you've traveled
 - adventures you've had
 - people you've visited
 - skills you've learned, etc.

IDEAS FOR BUILDING AN ETERNAL BUCKET LIST

Feed the Hungry

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

Clothe the Naked

- Donate clothing to a shelter
- Make baby items for a pregnancy help center
- Donate warm blankets to a rescue mission

Give Water to the Thirsty

- Donate water bottles to the homeless
- Donate formula to a pregnancy help center
- Pay for the person in line behind you at a coffee shop

Visit the Sick

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

Use Your Gifts

- Make a meal
- Fix someone's car
- Alter a dress
- Cut someone's lawn
- Read to the blind
- Mentor a teen
- Teach a class
- Care for a child
- Volunteer at a non-profit
- Pray for a school
- Volunteer at your church

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