



# *Someday is Today:* *Live Your* **Bucket List**

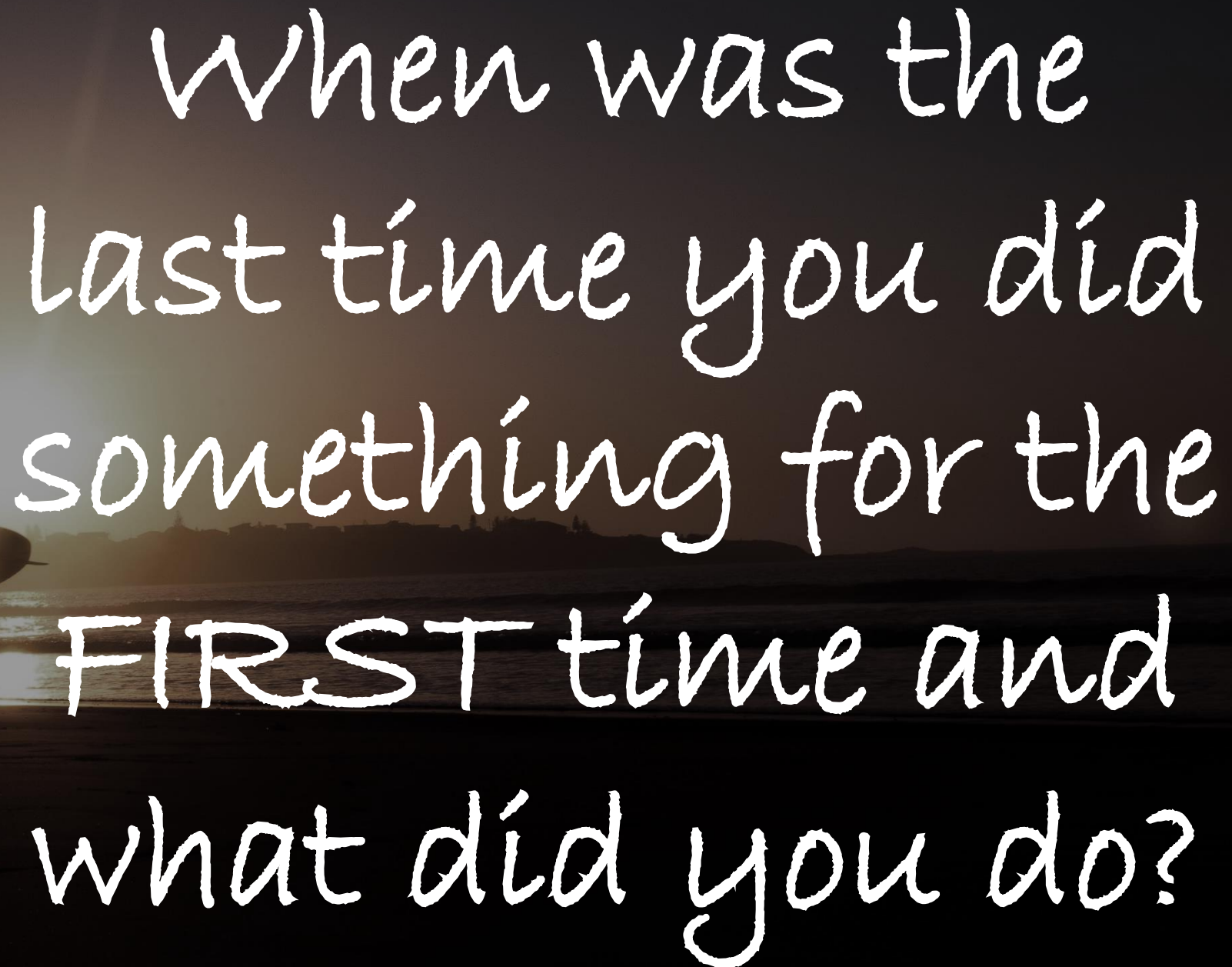


**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

# Today, we will...

- Discover the benefits of setting goals throughout life
- Explore the difference between mini and maxi bucket list goals and the importance of the self-inventory
- Learn the various types of bucket lists
- Discuss strategies for developing our own bucket lists or action plans and ways to reflect on those experiences

A silhouette of a person carrying a surfboard on a beach at sunset. The person is walking from left to right, carrying the surfboard under their arm. The background shows a calm sea and a hazy horizon under a warm, golden light.

When was the  
last time you did  
something for the  
**FIRST** time and  
what did you do?

A top-down view of a wooden desk with various objects. In the center is a teal vintage typewriter. To its left is a dark green notebook. To its right is a yellow notebook. Below the typewriter is a pinecone. In the bottom left is a pair of black-rimmed glasses. In the bottom right is a small box labeled 'COLOR SLIDES'. The text 'What are some benefits to having a bucket list?' is overlaid in white serif font across the center of the image.

What are some  
benefits to  
having a  
bucket list?

- To serve as a reminder of what is really important to you and the goals you wish to achieve in your lifetime.
- To use as a motivator to accomplish your goals.
- To keep your goals and dreams in view.
- To avoid procrastination.
- To feel a sense of accomplishment.





- To stay active in mind and body.
- To assist in organizing your schedule or calendar.
- To have something to look forward to.
- To have a sense of purpose and meaning in life.
- To enjoy life more and stress less.



- Personal
- Travel
- Family
- Retirement
- Friends
- Other

# Types of Bucket Lists

# Writing and Maintaining Your Bucket List





# Writing and Maintaining Your Bucket List



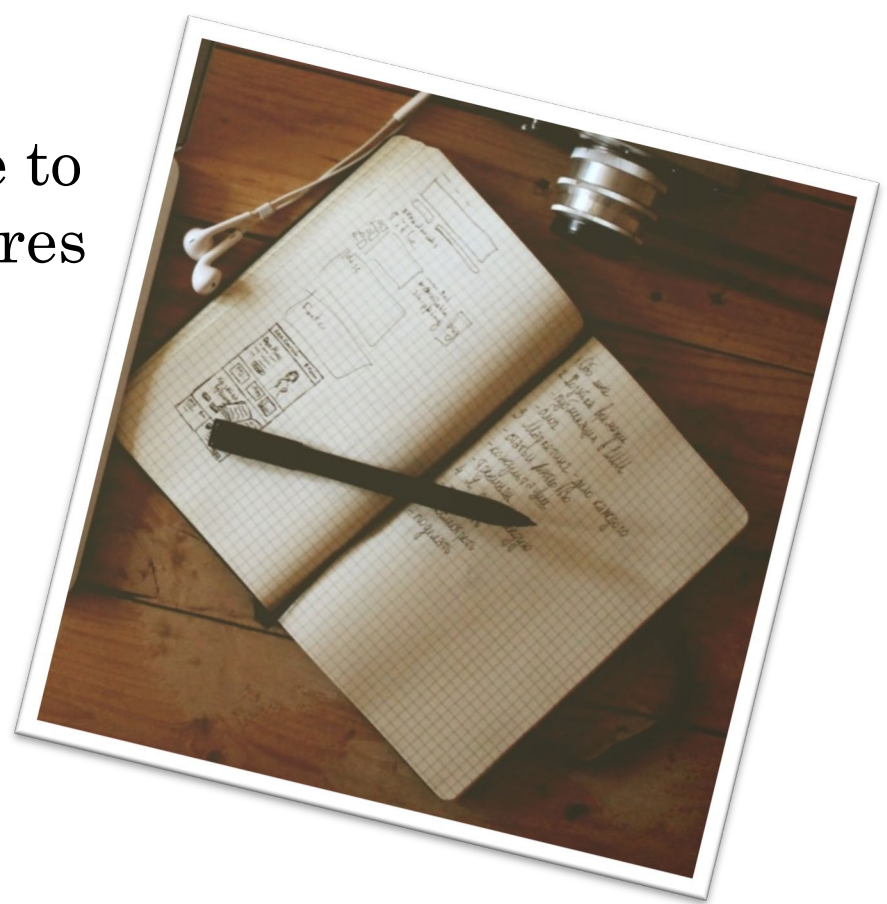


**Create a Vision Board** – Stay motivated with a visual reminder of what you want to accomplish.

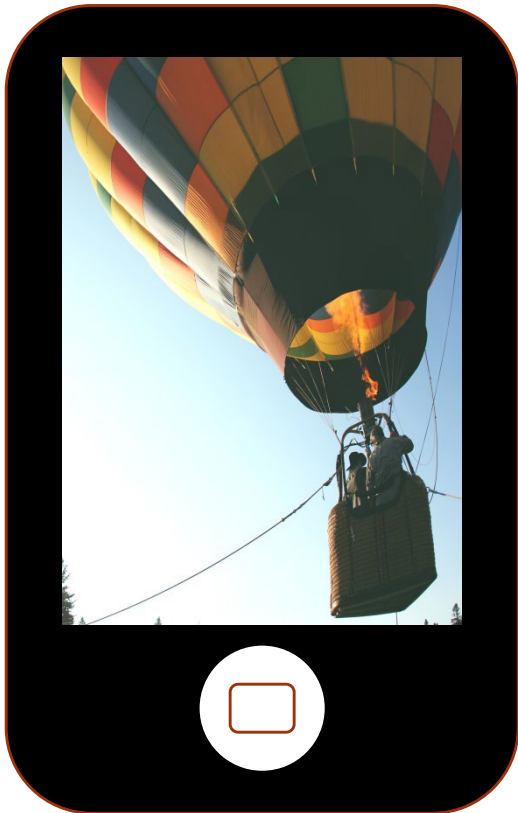
# Documenting Your Experience



**Journaling** – take time to write about the adventures and goals that you accomplished



**Video/movie** – have a family member or friend document you talking about or actually completing items off your bucket list. Then share it with friends and family members!





**Scrapbook** – share your experience through pictures



**Lifestory writing** – write about your bucket list experiences and share with others



Create a  
“Wordle”

[www.wordle.net](http://www.wordle.net)

## Winter Bucket List:

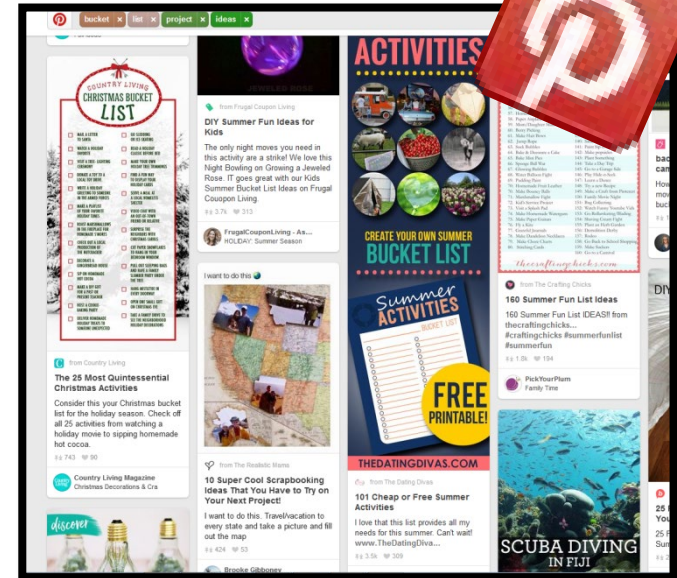
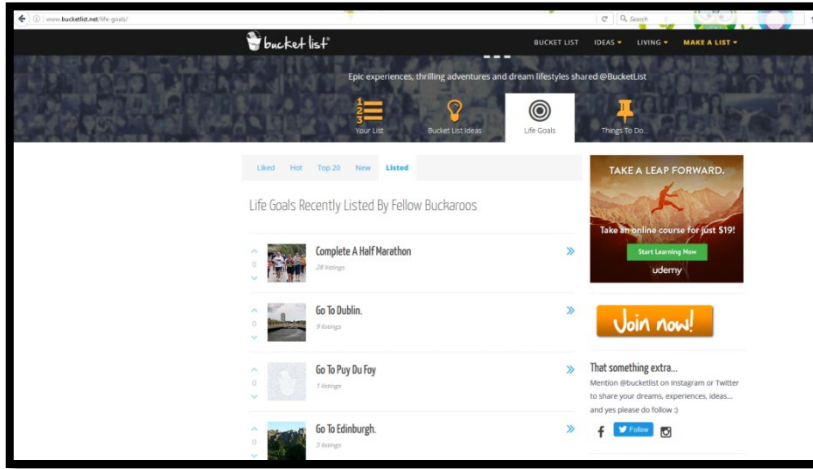
- Build a snowman
- Drink hot chocolate, eggnog, hot apple cider
- Bake holiday cookies
- Snuggle by a fire
- Go ice-skating
- Go caroling
- Serve the homeless (shelter/soup kitchen)
- Drive around to see holiday lights
- Make a New Year's resolution
- Make a snow angel



- Go sledding
- See zoo lights
- Build gingerbread house
- Spend a day in your PJs reading a book /watching a movie

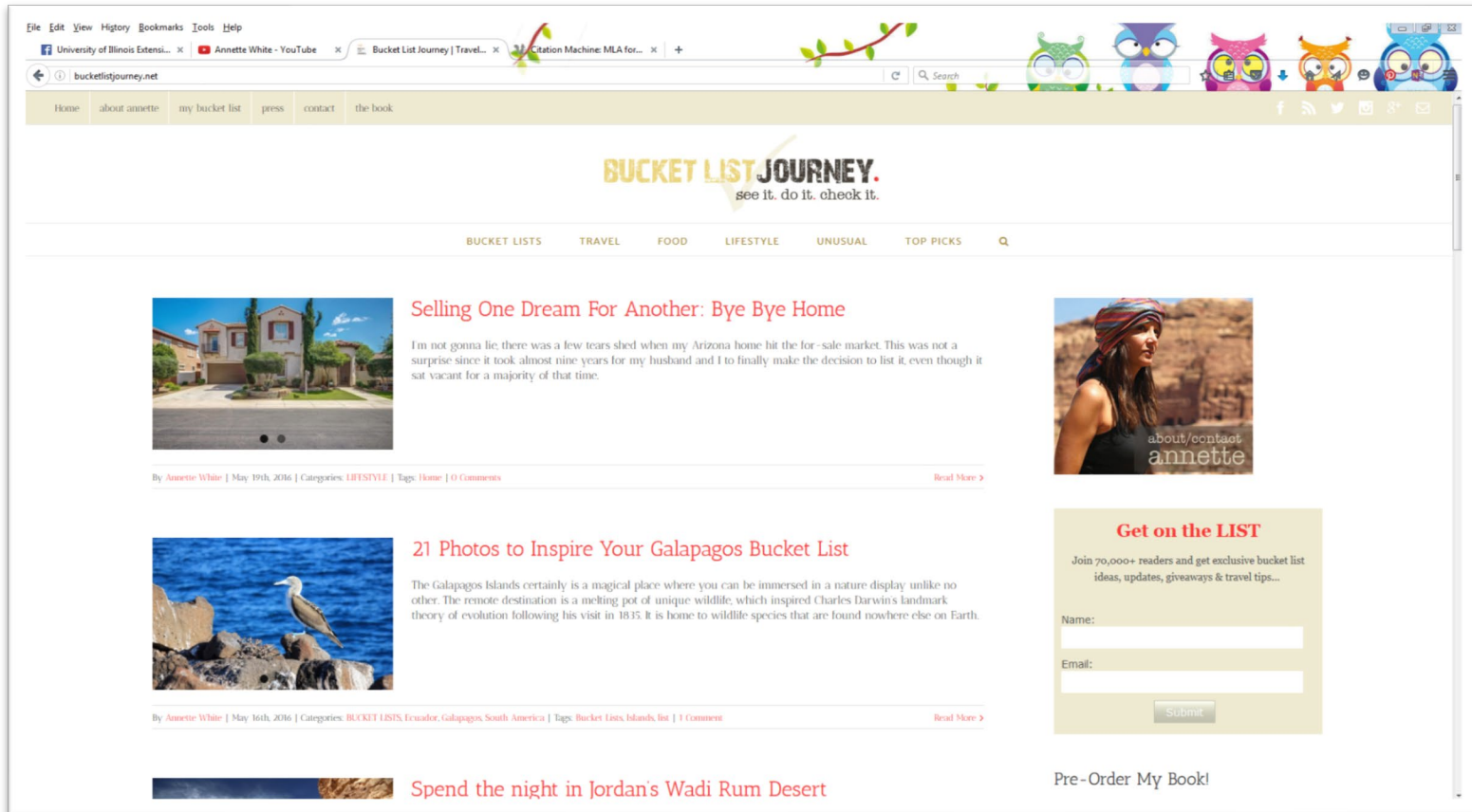
# Bucket List Communities

www.bucketlist.net





# Bucket List Personal Blogs



The screenshot shows a web browser displaying the Bucket List Journey website. The browser's address bar shows the URL bucketlistjourney.net. The website's navigation menu includes links for Home, about annette, my bucket list, press, contact, and the book. The main header features the logo "BUCKET LIST JOURNEY. see it. do it. check it." and a search bar. Below the header is a horizontal menu with categories: BUCKET LISTS, TRAVEL, FOOD, LIFESTYLE, UNUSUAL, and TOP PICKS. The main content area displays three article teasers. The first article is titled "Selling One Dream For Another: Bye Bye Home" and includes a photo of a house. The second article is titled "21 Photos to Inspire Your Galapagos Bucket List" and includes a photo of a bird on a rock. The third article is titled "Spend the night in Jordan's Wadi Rum Desert" and includes a photo of a desert landscape. On the right side of the page, there is a "Get on the LIST" sign-up form with fields for Name and Email, and a Submit button. Below the form is a link to "Pre-Order My Book!".

File Edit View History Bookmarks Tools Help  
University of Illinois Extensi... x Annette White - YouTube x Bucket List Journey | Travel... x Citation Machine: MLA for... x +

bucketlistjourney.net

Home about annette my bucket list press contact the book

BUCKET LIST JOURNEY.  
see it. do it. check it.

BUCKET LISTS TRAVEL FOOD LIFESTYLE UNUSUAL TOP PICKS

**Selling One Dream For Another: Bye Bye Home**

I'm not gonna lie, there was a few tears shed when my Arizona home hit the for-sale market. This was not a surprise since it took almost nine years for my husband and I to finally make the decision to list it, even though it sat vacant for a majority of that time.

By Annette White | May 19th, 2016 | Categories: LIFESTYLE | Tags: Home | 0 Comments [Read More >](#)

**21 Photos to Inspire Your Galapagos Bucket List**

The Galapagos Islands certainly is a magical place where you can be immersed in a nature display unlike no other. The remote destination is a melting pot of unique wildlife, which inspired Charles Darwin's landmark theory of evolution following his visit in 1835. It is home to wildlife species that are found nowhere else on Earth.

By Annette White | May 16th, 2016 | Categories: BUCKET LISTS, Ecuador, Galapagos, South America | Tags: Bucket Lists, Islands, list | 1 Comment [Read More >](#)

**Get on the LIST**

Join 70,000+ readers and get exclusive bucket list ideas, updates, giveaways & travel tips...

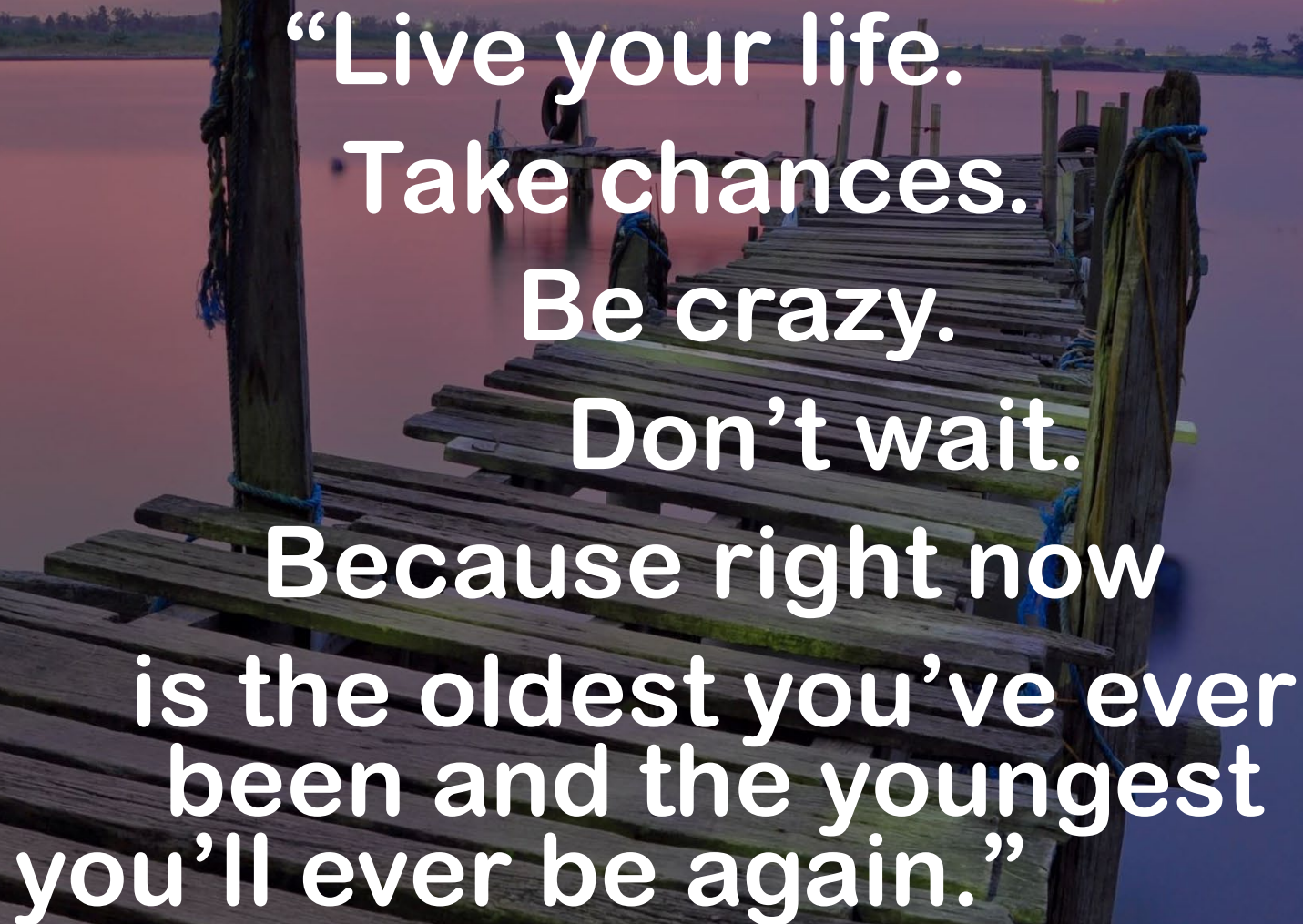
Name:

Email:

[Pre-Order My Book!](#)

**Spend the night in Jordan's Wadi Rum Desert**

Annette White: [www.bucketlistjourney.net](http://www.bucketlistjourney.net)

A wooden pier made of weathered planks extends from the foreground into a calm body of water. The sky is a mix of soft pinks, purples, and blues, suggesting a sunset or sunrise. In the distance, there are silhouettes of mountains or hills. The water reflects the colors of the sky. The overall mood is peaceful and contemplative.

“Live your life.  
Take chances.  
Be crazy.  
Don’t wait.  
Because right now  
is the oldest you’ve ever  
been and the youngest  
you’ll ever be again.”

-Suzanne Collins

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Education at your fingertips - Sign up at:

[go.illinois.edu/welnesstips](https://go.illinois.edu/welnesstips)



Get text messages 1-2  
times/week promoting:

**Healthy Living & Healthy Aging**

- Financial Health
- Brain Health
- Emotional Health
- Parenting/Caregiving
- Healthy Eating
- Cooking Tips and Tricks
- Recipes and More!



**ILLINOIS**

College of Agricultural, Consumer  
& Environmental Sciences

# Thank You

## Additional Resources:

Healthy Living Resources

[go.illinois.edu/healthyfamilies](https://go.illinois.edu/healthyfamilies)

COVID-19 Resources

[go.illinois.edu/ExtensionCovid19resources](https://go.illinois.edu/ExtensionCovid19resources)