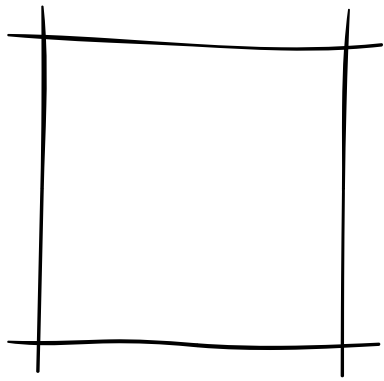
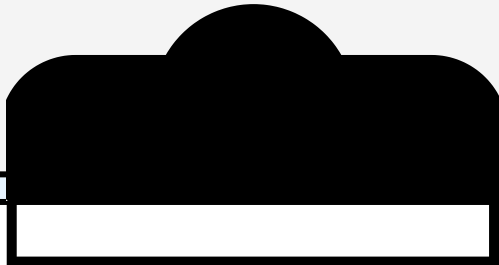
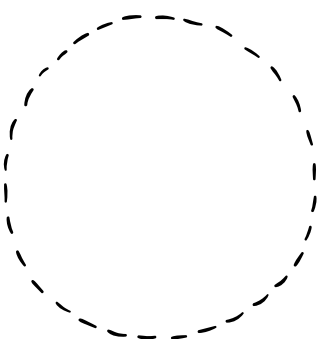




MY *totally different* SUMMER BUCKET LIST

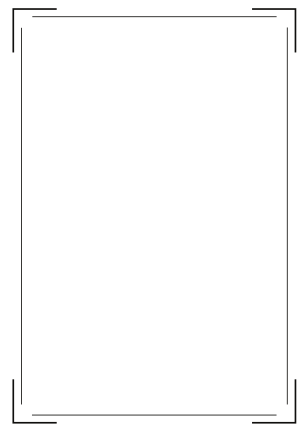


Five horizontal lines for writing in the upper section of the page.



Five horizontal lines for writing, positioned to the right of the dashed circle.

Eight horizontal lines for writing in the lower section of the page.





# THE *totally different*

# SUMMER BUCKET LIST



## THE APPREHENSIVE

1. SIGN UP FOR A DAY OF SAYING YES
2. WRITE A GRATITUDE LETTER TO YOUR PAST SELF
3. DO THE 30-DAY INTENTIONAL LIVING CHALLENGE
4. TAKE A CLASS ON SOMETHING YOU LOVE
5. TRY A SPORT YOU'VE ALWAYS WANTED TO TRY
6. TAKE THE FIRST STEP IN A RELATIONSHIP
7. WHEN GIVEN THE OPTION, TAKE A RISK
8. BEGIN A PROJECT YOU'VE DELAYED
9. TAKE ON A LEADERSHIP ROLE AT WORK
10. ATTEND A MEDITATION CLASS

## THE ALREADY ADVENTUROUS

1. CREATE A SCAVENGER HUNT IN YOUR CITY
2. TAKE A SPONTANEOUS DAY TRIP
3. GO FOR A DAY HIKE ON YOUR OWN
4. SPEND A DAY GETTING YOUR ADRENALINE GOING
5. ASK FOR A NEW OPPORTUNITY AT WORK
6. LET A FRIEND DECIDE YOUR DAY FOR YOU
7. ATTEND YOGA CLASSES
8. SPEND A DAY UNPLUGGED AND RECONNECTING
9. TAKE A WEEKEND TRIP TO A CITY NEAR YOU
10. VISIT A FRIEND YOU'RE MISSING

## THE CHALLENGE LOVER

1. TAKE A SUMMER COURSE ON A NEW SUBJECT
2. SPEND AN ENTIRE DAY AWAY FROM YOUR PHONE
3. GO ONE MONTH WITHOUT TV
4. TAKE A MAJOR LEAP OF FAITH
5. START A SIDE HUSTLE BUSINESS
6. PRACTICE FORGIVENESS
7. ARRANGE A FAMILY GAME DAY
8. CHALLENGE YOUR FRIENDS TO LASER TAG
9. CREATE A PLAN OF ACTION FOR YOUR DREAMS
10. COMPLETELY STEP OUT OF YOUR COMFORT ZONE

## THE OUT OF YOUR COMFORT ZONE

1. MAKE A CHANGE TO YOUR APPEARANCE
2. MAKE CHANGES TO YOUR DAILY ROUTINE
3. FACE A FEAR YOU WISH YOU DIDN'T HAVE
4. WRITE TO THE PERSON WHO WRONGED YOU
5. GO SOMEPLACE YOU'VE ALWAYS WANTED TO
6. SHARE A SECRET THAT'S HOLDING YOU BACK
7. SOCIALIZE AND MAKE NEW FRIENDS
8. CHALLENGE YOURSELF TO A NEW ACTIVITY
9. ATTEND A PHYSICAL ACTIVITY CLASS
10. MAKE A BIG CHANGE AT WORK

## THE ONE FEELING STUCK

1. JOURNAL WITH THE 6-MINUTE DIARY
2. APPLY FOR YOUR DREAM JOB
3. REACH OUT TO YOUR CAREER INFLUENCE
4. WRITE A PROMISE LETTER TO YOUR FUTURE SELF
5. RE-DESIGN & OPTIMIZE YOUR RESUME
6. ATTEND A CAREER BUILDING SEMINAR
7. PRACTICE NIGHTLY AFFIRMATIONS
8. READ THE TOP 10 SELF-HELP BOOKS
9. LISTEN TO PODCASTS
10. MAKE THE CHANGE YOU'VE BEEN WANTING TO

## THE CHANGE MAKER

1. VOLUNTEER AT A LOCAL NON-PROFIT
2. BECOME A MENTOR TO A YOUNG STUDENT
3. START A BUSINESS
4. VOLUNTEER AT A YOUTH ALLIANCE
5. READ TO SENIOR CITIZENS
6. VOLUNTEER AT YOUR LOCAL ANIMAL SHELTER
7. BECOME A TUTOR FOR LOCAL YOUTH
8. VOLUNTEER AT YOUR LOCAL SOUP KITCHEN
9. DONATE YOUR TIME AT YOUR CHURCH
10. VOLUNTEER AT YOUR LOCAL HOMELESS SHELTER