



Brainstorm by area, sort what is near from what is bigger, pick your top few, add first steps, and keep a log of what you finish.

01 Brainstorm by area

Write as many as you like under each heading. Nothing is too small or too odd. Mixing big and small is fine.

Places I would like to go (near or far):

1.

2.

3.

4.

Things I would like to learn:

1.

2.

3.

4.

People and relationships (people to see, say thank you to, or get to know):

1.

2.

3.

4.

Experiences I would like to have:

1.

2.

3.

4.

Things I would like to make or create:

1.

2.

3.

4.

Ways I would like to help others:

1.

2.

3.

4.

Small everyday pleasures I want more of:

1.

2.

3.

4.

02 Sort: near and cheap, or bigger

Go back over your lists. Copy the best into the two columns. Near and free means you could do it in the next month or two with what you have. Bigger needs more time, money or planning.

Cheap or free, and near

Bigger (more time, money or planning)

What I notice about my list (for example, how much of it needs no money):

03 Pick your top few, and why each matters

Choose three to five that you want most, from either column. A reason in your own words helps when the idea loses its shine. In work research, goals that were specific and challenging led to higher performance than 'do your best', so write each pick so someone else could picture it. 'See the Northern Lights' is clearer than 'travel more'.

My pick (specific)

Why it matters to me

04 The first small step, and by when

For each pick, write one small step you could do in the next week or two. Booking a ticket, a phone call, a search, a saved pound. Then a rough 'by when', such as a month or a season. A rough date is better than none.

My pick	First small step	Rough 'by when'
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

05 What is in the way

Name what could stop you. Time, money, nerves, another person, health. Then one thing you could do about it, or one way to make the item smaller.

My pick	What is in the way	One thing I could do about it

How much do I want to start, honestly?

1

2

3

4

5

6

7

8

9

10

Not muchA lot

06 Done log: what it was like

When you finish one, note it here. Write what it was actually like, which can differ from what you pictured. Leave the dates blank until it happens.

What I did	When	What it was like

07 A yearly look back

Once a year, read your list again. Lists change as you do. Crossing an item out because it no longer fits is a good result.

Items I finished this year:

1. _____
2. _____
3. _____

Items I want to drop, because they no longer fit:

1. _____
2. _____
3. _____

New items to add, and the ones I will start next:

1. _____
2. _____
3. _____

When you're done, a moment to reflect

- Which items on your list are really yours, and which did you pick because they sound impressive?
- How many of your picks could you start this month without spending anything?
- Is there an item you keep delaying? What is it waiting for?
- Which pick involves another person? Have you asked them?
- When you read your list back, what does it say about what you want more of?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/bucket-list-template



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.