

Make a Bucket List

IDEAS OF THINGS TO BE GRATEFUL FOR LIST

- 1. Good health.
- 2. Your home.
- 3. Your children.
- 4. Family.
- 5. Friends.
- 6. Grandparents.
- 7. Your Pets.
- 8. Being loved.
- 9. Having money in the bank.
- 10. Good healthy food.
- 11. A good night's sleep.
- 12. Fresh air.
- 13. Clean water.
- 14. Music.
- 15. Your job – Having a steady pay check.
- 16. Technology.
- 17. Bucket lists – Had to be on there somewhere.
- 18. The weekend.
- 19. Having an education.
- 20. The ability to talk.
- 21. Colours.
- 22. A good book – Especially when you're warm and cosy on the couch or in the bath.
- 23. The different seasons.
- 24. Hobbies which bring you joy.
- 25. Transportation – Especially when they take us to our bucket list items.
- 26. Art – Paintings and sculptures.
- 27. Modern healthcare.
- 28. Photographs – Reliving memories.
- 29. A good hug.
- 30. New experiences.
- 31. Good Conversations.
- 32. Uncontrollable laughs.
- 33. Random acts of kindness.
- 34. Wanderlust – Travel.
- 35. Your favourite memories.
- 36. Massages.
- 37. Starry nights.
- 38. Clean bedding and comfy pillows.
- 39. Hot showers and baths.
- 40. Watching your favourite TV shows.
- 41. The changing colours of leaves in Autumn.
- 42. Rainbows.
- 43. Road trips.
- 44. Home cooked meals.
- 45. Orange / red sunsets.
- 46. Restaurants – No cooking or dishes.
- 47. Comfortable clothes and shoes.
- 48. Surprises.
- 49. Inside jokes.
- 50. Checking something off your to-do list.
- 51. Positive feedback.
- 52. Your favourite perfume.
- 53. Birds chirping in the morning.
- 54. Waves crashing on the beach.
- 55. Jumping in a pile of leaves.
- 56. Naughty foods – Chocolate, cake, crisps.
- 57. Your favourite smell – This could be anything such as food, suntan lotion, coffee or cut grass.
- 58. Giving gifts.
- 59. Receiving gifts.
- 60. Mentors – People who inspire and educate you, whether online or in person.
- 61. Having time to do what you want, when you want.
- 62. Traditions.
- 63. Campfires.
- 64. Random bursts of inspiration.
- 65. Nights out with your other half or friends.
- 66. The ability to learn something new.
- 67. Your kind heart.
- 68. Your strength to keep going when things get tough.
- 69. Getting another chance to start fresh on New Years Day.
- 70. Your talents.
- 71. Amusement parks.
- 72. Positive people.
- 73. Exercise – Endorphins flowing through you after a workout.
- 74. Your wedding day.
- 75. Scented candles.
- 76. The fact that you were born.
- 77. All the beauty you notice in the simplest things.
- 78. Birthdays because it's a day that's all about you.
- 79. Christmas Day.
- 80. Romantic proposals.
- 81. Dancing in the rain.
- 82. A quiet moment of solitude.
- 83. Wellness practices such as meditation and journaling.
- 84. Learning to let go.
- 85. Sleeping in and naps.
- 86. Getting help when you need it.
- 87. Finding old video footage of someone you miss.
- 88. A good and helpful blog post.
- 89. Tears which express your emotions.
- 90. Your unique personality.
- 91. An apology from someone whose hurt you.
- 92. Going to an event you've been waiting for.
- 93. Finishing a big project.
- 94. Dancing freely – Put your favourite tunes on and go for it.
- 95. Connection with others in whatever form.
- 96. Staying up all night talking to an amazing person.
- 97. Celebrate the success of others.
- 98. Buying an outfit that makes you feel confident.
- 99. Not giving up.
- 100. The universe and your existence.

Gratitude
turns what
we have into
enough.



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Grateful
FOR THE
little
THINGS