





# *Bucket List*

## THINGS TO TRY...

LEARN TO COOK A DISH FROM  
SCRATCH.

SPEND A DAY HELPING AT A FOOD  
BANK OR SHELTER.

DONATE AT A CHARITY THAT  
RESONATES WITH YOU.

SPEND A DAY WITH A LOVED ONE.

TRY A FOOD FROM A DIFFERENT  
CULTURE.

GET INTO A FITNESS ROUTINE.



# Quote

"WE MAY ENCOUNTER MANY  
DEFEATS, BUT WE MUST  
NOT BE DEFEATED."

- MAYA ANGELOU





# *journaling*

## PROMPTS

DESCRIBE YOUR FAVORITE PLACE  
IN NATURE?

WHAT HAS NATURE TAUGHT YOU  
RECENTLY ABOUT YOUR LIFE?

OBSERVE HOW NATURE CHANGES  
OVER TIME — LEAVES FALL,  
FLOWERS BLOOM AND FADE,  
ANIMALS MIGRATE. HOW DOES THIS  
IMPERMANENCE REMIND YOU OF  
YOUR OWN LIFE AND EXPERIENCES?

DO YOU EVER FEEL AFRAID TO  
SPEAK OUT AGAINST EQUALITY?









# gratitude

LIST....

I AM GRATEFUL FOR...

WHAT UPCOMING EVENT OR  
EXPERIENCE ARE YOU LOOKING  
FORWARD TO, AND WHY ARE YOU  
GRATEFUL FOR THE OPPORTUNITY?

WHAT MINDFULNESS PRACTICES  
CAN YOU ADOPT TO ENHANCE YOUR  
SENSE OF GRATITUDE?

WHO HAS HAD THE BIGGEST IMPACT  
ON YOUR LIFE, AND WHAT ARE YOU  
GRATEFUL FOR ABOUT THEM?

WHAT ARE FIVE SIMPLE THINGS  
YOU APPRECIATE IN YOUR DAILY  
ROUTINE?





# *journaling*

## PROMPTS

WHAT IS YOUR IDEAL DAY?

HOW DOES THE CHANGE OF SEASON  
AFFECT YOUR MOOD?

WRITE ABOUT YOUR EMOTIONS  
WHEN YOU LOOK UP AT THE SKY?  
HOW DO THE COLORS MAKE YOU  
FEEL?

TAKE A WALK. WRITE DOWN WHAT  
YOU OBSERVE? HOW DO THEY MAKE  
YOU FEEL?

CLOSE YOUR EYES AND FOCUS ON  
THE SOUND OF WATER? WHAT GOES  
THROUGH YOUR MIND?

## Printing Instructions:

### MacBook:

To print more than one bookmark on a page:

1. Click Print
2. Set paper to US Letter 8.5x11
3. Click on portrait
4. Click Layout
5. Change to 2 or 4
6. Print

### Other computers:

To print more than one bookmark on a page:

1. Click Print
2. Set paper to US Letter 8.5x11
3. Click on portrait
4. Click more settings
5. Click pages to print
6. Select 2 or 4
7. Print