

Bucket List Ideas to Make Your Soul Happy

From the blog: [Bucket List Ideas to Make Your Soul Happy](#)

Until last week, I had never made any list of things to do before I die. Sure I've had dreams and I have even written many of those dreams down as a way to help manifest them into my life, however the idea of having a "bucket list" never sat well with me. I guess it's because I felt that every time I would cross an item off the list, it would bring me closer to the end. Can you relate?

Well, I've had a burst of inspiration that turned my thinking around and got me excited about making such a list. I'll explain my story, my new and far better name for this list and I'll even give you over 100 bucket list ideas so you can start too.

Start with Why

The reason I decided to finally begin my bucket list was simple and two-fold. First, I had been feeling incredibly stressed out by all the political stories in my social media feeds. Times are tough no matter where in the world you live or what political beliefs you align with. We all feel the tension, but focusing on the external world so much was definitely not bringing me joy (one of my hallmarks of a well lived life). I believe truth is found by looking inward so this has been a perfect time for me to review my hopes and dreams for the future.

The second reason I felt this list was a great idea for me now in my life is that I am finally ready to experience that joy no matter what anyone else thinks. It doesn't matter to me if I look silly or irrational or invest my money, time and efforts into things that other people don't understand or appreciate. I spent so much of my life following the rules, trying not to rock the boat and pleasing other people.

I'm creating a bucket list to please myself and no one else!

Get Busy Living

The bottom line is that I decided it was time for me to get busy living. Living a full and rich life excites me and motivates me (much more than dying). For this reason I am calling my list the Get Busy Living List. My list so far is composed of a variety of actions I can take that represent my desires and curiosities about life. Some of the items on my list are things I've wanted to do for many, many years. Other items I found by reviewing other people's lists and still others came to me by pure inspiration.

Contrary to what you might think, a Get Busy Living List doesn't have to be all about expensive once in a lifetime dreams. When you create your list you are free to add even the tiniest action item. For

instance, you might want to spend a day smiling at strangers, just to see how many smile back. It's your list, your truth. You decide. Therein lies the freedom.

So are you ready to create your own list?

100 ~~Bucket List ideas~~ Get Busy Living List ideas to make your soul happy

Get busy traveling

What cities, states or countries have you always wanted to visit? Whether you go on a day trip, a weekend adventure or an epic journey, travel can uplift your soul. Here are some suggestions to get you moving:

- 1 Nashville Tennessee – the home of country music
- 2 The Redwood Forests of California – where ancient trees hold the secrets of life
- 3 The Grand Canyon in Arizona – an ever-changing work of natural art
- 4 Barcelona Spain – a city of crazy, passionate architecture
- 5 Rome Italy – where history and legend meets
- 6 The Scandinavian countries Denmark/Norway/Sweden – home of the Vikings and extreme weather
- 7 Tokyo, New York, or Sao Paulo – the three largest cities in the world
- 8 Machu Picchu Peru – a 15th century mountain top citadel
- 9 The Great Pyramids – one of the world's biggest mysteries
- 10 Petra Jordan – Indiana Jones went there

Get Busy Learning

The great thing about learning is that you never have to stop. There will always be new ideas, places, subjects, and skills to learn. Below are some ways you can start:

- 11 Learn a new language
- 12 Learn a new sport
- 13 Learn how to fix something that gets broken – a dining chair, your plumbing, your car
- 14 Learn how to speak in front of people
- 15 Learn a form of art – painting, photography, jewelry making
- 16 Take singing lessons
- 17 Learn how to play an instrument
- 18 Pick an event in history and study it
- 19 Take a survival skills class
- 20 Learn CPR

Get Busy With Your Health and Fitness

If you don't have your health, how can you do all your other adventures? Here are some ideas to keep your body and soul happy:

- 21 Hire a personal trainer
- 22 Hire a personal chef to make healthy gourmet meals
- 23 Buy a rebounder and use it (my personal favorite exercise)
- 24 Do a cleanse
- 25 Train for a marathon/hike/bike event
- 26 Go vegetarian
- 27 Practice meditation every day for a month
- 28 Replace your household products with non-toxic versions
- 29 Get a massage
- 30 Make kombucha

Get Busy in Your Community (Local or Global)

So many exciting things are happening in your community and around the world. Why not join in the fun? Here are some suggestions:

- 31 Join a networking club
- 32 Volunteer at a local non-profit organization
- 33 Read or teach kids in a classroom or after school program
- 34 Fund a [Kiva](#) loan
- 35 March for a cause you're passionate about
- 36 Join a bowling league
- 37 Help plant, weed, or harvest a community garden
- 38 Invest your time and money on a volunteer vacation
- 39 Join an art or acting guild
- 40 Run for public office

Get Busy Going to Events

Each year hundreds of thousands, perhaps millions of events are happening. Which ones have you always wanted to attend or participate in, yet never seem to fit into your schedule? Get out your calendar and make room for some of these events:

- 41 Attend a hot air balloon festival
- 42 Watch a live Broadway show
- 43 Go to a professional sports game
- 44 See the Northern Lights
- 45 Attend a movie premier

- 46 Watch the New Year's Ball drop in Times Square
- 47 Party in New Orleans at Mardi Gras
- 48 Go to India for the Holi Festival (Festival of Colours)
- 49 Attend a music festival such as Coachella or Glastonbury
- 50 Shop at the Rose Bowl Flea Market

Get Busy Following Your Passion

Do you ever wonder what your life would be like if you had followed a different path? There is always time to explore your options and try new hobbies or a new career. Who knows, it might just open up your world to something wonderful. Consider these ways to follow your passion:

- 51 Write and publish a book
- 52 Commit to a new activity or hobby and document your progress like the movie [Julie & Julia](#)* or [Fat, Sick, and Nearly Dead](#)*
- 53 Change careers, even if that means going back to school to learn new skills
- 54 Become a foster parent
- 55 Mentor someone
- 56 Start a business
- 57 Start a blog or podcast
- 58 Become an apprentice or intern for someone
- 59 Get a license or certification based on your interests
- 60 Hire a coach to help you discover your passions and take actions on your life purpose

Get Busy Facing Your Fears

Growth happens when you step outside your comfort zone. But if you don't give yourself a little push, fear can creep in. So get out there and do something every day that scares you. These ideas can help:

- 61 Go bungee jumping
- 62 Go white water rafting
- 63 Stay in a haunted house
- 64 Get a tattoo
- 65 Swim with sharks
- 66 Ride a roller coaster
- 67 Ask for a raise at work
- 68 Pitch your products or services to a big company
- 69 Go skinny dipping
- 70 Go to the airport, choose a destination on the spot and fly there

Get Busy Doing Random Acts of Kindness

It feels good to do good. Here are some ways you can make a brighter day for someone else:

- 71 Buy an extra meal at a restaurant and give it to someone in need
- 72 Sponsor a child in need via a reputable organization
- 73 Send a friend or client a card in the mail, just because
- 74 Pay for a person's coffee, groceries, or gas
- 75 Give an extra tip to your hairdresser, waiter or valet
- 76 Smile at everyone you meet for at least one day
- 77 Leave positive post-it notes in public places
- 78 Write a genuine and positive comment on someone's blog or social media page
- 79 Allow another car to move in front of you
- 80 Pick up garbage when you see it and throw it away without complaint

Get Busy Making Genuine Connections

True connections are made when you take the time to eliminate distractions and focus on the important people in your life. Following are some ideas you can connect with your loved ones for a more meaningful life:

- 81 Put down and silence your phone during a conversation
- 82 Knock on your neighbor's door and ask what they might need (a ride, a cup of sugar, a second opinion, or a listening ear)
- 83 Look in the mirror and declare your love for yourself
- 84 Share a personal story with someone you trust
- 85 Apologize and ask for forgiveness where needed
- 86 Give your partner the benefit of the doubt
- 87 Talk to someone at work you've never talked to before
- 88 Write to someone who made a difference in your life and let them know
- 89 Offer a hug to anyone you feel compelled to connect with
- 90 Reach out to that person who pops into your head

Get Busy Changing Up Your Routine

When you do the same things day in and day out, it's easy to miss the magical moments in life. When you disrupt your schedule, even just a little bit, you create an opening for new awareness. Here are some simple ways to change up your routine for a little more fun in your day:

- 91 Take a different route to work or school
- 92 Skip the Starbucks, save that money for 30 days and buy something fun at the end of the month
- 93 Practice silence for 24, 48 or 72 hours
- 94 Eat lunch in the park and then swing on the swings
- 95 Buy yourself flowers

- 96 Try a new, exotic food
- 97 Be a tourist in your own city
- 98 Rearrange your furniture
- 99 Work standing up
- 100 Try a new haircut or color

I recommend you buy a small notebook that you can keep handy in your purse or car. Go through this list and write down the items that speak to you. Start by doing at least one item on your list this week. You can do it by yourself or call a friend to join you. I guarantee the more you “get busy living” the more empowered and happy you will feel.

Which item(s) on this list do you want to try? Share your thoughts below!

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