

Customized Seasonal Bucket Lists

When to use: At the start of a new “season”, whether that be spring or autumn, football or Olympics, winter holidays or a beach vacation. Basically, any time period that is long enough to be unstructured and short enough to have a recognizable ending will work to have a customized bucket list.

Supplies:

- **Minimum:** pen and paper, or the notes function on your smart phone
- **Maximum:** butcher paper or poster board, colored pens, stickers, etc.

Instructions:

- Brainstorm anything and everything you want to do during this “season”.
- Go both big and small – you may not get to do everything, but it is more likely to happen if you write it down.
- Post your list in a visible place and check off the bucket list items as you complete them.
- Bring others along for the ride: brainstorm with your family, church group or even your coworkers.
- **Bonus:** Make your list into a bingo-board: take pictures each time you complete something from the list, and you’ll have a special scrap-book.

Why it works:

- From Henriette Klauser’s [Write It Down, Make It Happen!](#): jotting things down focuses your intentions, increasing the chance you’ll stay motivated and make progress on your goals.
- Stephanie Rosenbloom writes that researchers have found [“anticipating the future delivers more happiness than reflecting on the past”](#). Creating a list of what you’re looking forward helps to both manage expectations and bring about happiness in the moment.

Inspiration: I came across Rebecca Eanes article on [The Benefits of Family Traditions](#) the same day my family kicked off our own annual traditional of “Ice Cream Sundays”: Sunday evening visits to our local creamery. Our seasonal bucket lists are more traditional than new adventures and bring joy each season.