Bucket List Ideas for Personal Growth

- Practice mindfulness daily.
- Improve your emotional intelligence.
- Deal with all of your past baggage.
- Practice radical self-acceptance.
- Learn to let go of things you can't change.
- Question your assumptions and limiting beliefs.
- Stop gossiping, judging, and passive-aggressive behaviors.
- Practice gratitude daily.
- Prioritize experiences over things.
- Identify your major stressors and deal with them.
- Do more of what makes you happy.
- Spend more time in nature.
- Get treated for anxiety, depression, or any other mental health issue.
- Practice self-care.
- Find and live your passion.
- Write and publish your book.
- Plant a garden.
- Adopt an animal from a shelter.
- Be a mentor to someone.
- Get involved in a cause that means something to you.
- Spend time with an elderly person.
- Teach someone to read.
- Be a foster parent.
- Clean up your neighborhood or community.
- Join the Peace Corps.
- Serve at a food bank.
- Share your expertise.
- Declutter and donate your stuff.
- Build a Habitat for Humanity house.
Learn a new language.
Learn how to meditate.
Learn an instrument.
Learn how to change a tire.
Learn how to start a blog.
Learn how to be a gourmet cook.
Learn public speaking skills.
Learn ballroom dancing.
Learn how to draw or paint.
Learn to drive a manual transmission car.
Learn how to defend yourself.
Learn how to play bridge.
Learn how to code.
Learn digital photography.
Learn yoga.
Learn a new sport.
Learn how to communicate effectively.
Take a ride in a fighter jet.
Go bungee jumping.

Sell your possessions.
Take a year off and travel the world.
Go whitewater rafting.
Ride in a hot air balloon.
Learn how to windsurf.
Finally, quit your job.
Test drive a Lamborghini or Ferrari.
Go skinny dipping in the ocean.
Make a speech in front of hundreds of people.
Tour the country on a motorcycle.
Try hang gliding.
Take a ride on the steepest, craziest rollercoaster near you.
Buy a ticket today and fly off for an impromptu vacation.
Audition for band or theatre group.
Organize a flash mob.
Chase a tornado (with professionals).
Conquer your biggest fear.