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**Altenheim Resource Services**

Empowering older adults and caregivers through information, education, and support  
Contact us with questions about aging or caregiving issues

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If you had asked my father if he had a bucket list, he would have told you about all the different kinds and sizes of buckets in his garage. These days many people have a bucket list which is basically a list of things you want to do in your lifetime. Even if you are a person who sets goals, those goals are often about your career, your family and relationships, or your performance. A bucket list, on the other hand, is about the goals, dreams and life experiences you want to have in your lifetime. Your bucket list can be altered, updated, and changed – just like you!

About a month ago, millions of people flocked to certain parts of the United States to see the eclipse. Why did they go? For many it was a once in a lifetime event. For others, it was something they had on their bucket lists. Creating your bucket list doesn't have to include such once in a lifetime events. It doesn't have to include traveling around the world or climbing Mt. Everest. A bucket list can be a list of things you have always wanted to do but never had the time. For example, is there a classic book you have always wanted to read? Have you always wanted to see a lighthouse? Perhaps you have never slept on a train and have always wanted to do that. When creating your bucket list, you should include some activities that will challenge you and others that are easy and give you a boost for completing them.

If you don't know where to start, try these websites:

- [The Ultimate Bucket List Resource Guide \(bucketlistjourney.net\)](http://bucketlistjourney.net)
- [Bucket List: 101 Things To Do Before You Die - Personal Excellence](#)
- [101 INCREDIBLE Bucket List ideas to do in your LIFETIME \(theworldbucketlist.com\)](http://theworldbucketlist.com)
- [250 Bucket List Ideas To Accomplish in Your Lifetime - Parade](#)

When creating your bucket list, keep in mind what you enjoy doing. If you don't enjoy travel, your bucket list might include activities like painting a picture, eating a food cuisine you have never tried, singing in a choir, or learning to knit or sew. Activities on your bucket list should bring contentment to your life and not stress. One of the best articles on keeping your well-being a focus of your bucket list was written by [Tchiki Davis, M.A., Ph.D.](#) with the Berkeley Well-Being Institute.

If you don't have a lot of money for travel and have always wanted to experience distant places, you can visit your local library, view shows on the Smithsonian Channel (one of my favorites is Aerial America), the [Travel Channel](#), or the [Discovery Channel](#). You can experience so many wonderful places and cultures vicariously through books, videos and television. Invite your friends over for coffee and cookies and "travel" with them to some exotic place!

Whatever is on your bucket list, may it bring contentment and happiness to your life!