

DR. JAIME



MY BUCKET LIST

Purpose: The purpose of this worksheet is to get you to think about all the things you want to experience and do before you “kick the can.” You are encouraged to think of both work AND life goals you have.

Directions: Create a list of 100 things you will do before you die. You must come up with 10 things today and 20 things within 1 week. *^use the back of your sheet to write additional goals.*

Challenge: You are challenged to at least complete a minimum of 4 things off your list per year.

