



Birthday Bucket List: 50 THINGS TO DO BEFORE YOUR NEXT BIRTHDAY!

1. Reconnect with a family member (estranged or separated by distance)
2. Participate in a race (run, bike, walk, swim, etc.)
3. Travel somewhere you've never been. (Tips here)
4. Go to a concert.
5. Call an old friend you haven't talked to in a while.
6. Treat yourself to a massage.
7. Go on a weekend trip with just your spouse...and do it for cheap!
8. Take a class to further your education or learn a fun new skill (cooking, photography, pottery, etc.)
9. Visit the dermatologist for a skin cancer screening.

10. Try an activity you've never tried before (like skiing, hot yoga, or human foosball!)
11. Get a facial.
12. Go on a girls trip.
13. Read at least ONE book from THIS LIST that you haven't read before.
14. Revisit something you used to love to do, but don't anymore (like playing an instrument, a sport, or a hobby).
15. Choose one space in your house to completely reorganize or redecorate.
16. Do something extreme (skydiving, zip lining, scuba diving, hot air balloon, etc.)
17. Make a fitness goal and achieve it. (Try clean eating, and these other healthy living ideas.)
18. Get out of debt.
19. Give up one thing that may not be so good for you.
20. Make a new friend.
21. Try a new restaurant that is out of your comfort zone.
22. Visit a state park.
23. Visit a national park.
24. Learn a new skill (a new language, how to use a chainsaw, fix a bike, bake a soufflé, etc.)
25. Host a dinner party.
26. Get at least 10 hours of uninterrupted sleep.
27. Have a picnic in the mountains.
28. Have a picnic on the beach.
29. Try riding some type of board (surf board, snow board, wake board, long board, boogie board, etc.)
30. Wear fur (and totally rock it!)
31. Go to a professional sporting game.
32. Eat something you've never eaten before.
33. Wear RED lipstick.
34. Volunteer for a good cause that is out of your comfort zone (at a soup kitchen, the food bank, your local animal shelter, etc.)
35. Grow something you can eat.
36. Find your perfect pair of jeans. (Psst...here's a little secret!)
37. Sing karaoke.
38. Learn how to take better pictures (HERE, and HERE).
39. Take a picture every day for a year.
40. Give your hair a deep moisture treatment. (Try our #1 DIY coconut oil moisture treatment!)
41. Go skinny dipping.
42. Write in your journal at least once a week (or month).
43. Get prepared for an emergency. (Survival kits, 72 hour kits, and food storage)
44. Go to a drive-in movie.
45. See a Broadway show.
46. Create a family time capsule.
47. Go camping.
48. Soak in a natural hot springs.
49. Finish a project you started and discarded (or have been meaning to start).
50. See an eclipse.