



# REVERSE BUCKET LIST



Make a list of accomplishments or places you've gone and reflect on those experiences.

## BUCKET LIST ITEM #1:

- **When did you accomplish it?**
- **How did you feel?**

## BUCKET LIST ITEM #2:

- **When did you accomplish it?**
- **How did you feel?**

## BUCKET LIST ITEM #3:

- **When did you accomplish it?**
- **How did you feel?**

