

# BESTIE BUCKET LIST

PLANNING LIFE'S EXPERIENCES TOGETHER



# Bucket List Guide

Creating a bucket list to stay connected with a supportive friend after cancer is a wonderful way to nurture your friendship and ensure you continue to share meaningful experiences. Here's a guide to help you create a well-rounded bucket list:

## 1. Reflect on Shared Interests

Start by reflecting on the activities and experiences you both enjoy. This could be anything from outdoor adventures to cultural outings or simply relaxing together.

## 2. Consider Emotional and Physical Well-being

Keep in mind the emotional and physical well-being of both you and your friend. Choose activities that are manageable and enjoyable for both of you, especially considering any ongoing health considerations.

## 3. Mix Big and Small Experiences

Include a mix of big and small experiences. Not every item on the list has to be a grand adventure. Sometimes, the simplest activities can be the most meaningful.

## Ideas for Your Bucket List

- **Outdoor Adventures:** Plan a scenic hike, a day at the beach, or a picnic in a park.
- **Cultural Experiences:** Attend a concert, visit a museum, or explore a new city together.
- **Relaxation:** Schedule a spa day, have a movie marathon, or enjoy a quiet day of reading and chatting.
- **Personal Growth:** Take a class or workshop together, whether it's cooking, art, or something else you're both interested in.
- **Celebration:** Mark important milestones, such as the end of treatment or annual "cancerversaries" with special outings or gatherings.
- **Volunteering:** Give back by volunteering for a cause you both care about.
- **Fitness Goals:** If appropriate, set fitness goals together, like participating in a walk for cancer research.
- **Bucket List Trips:** Plan a dream trip or a weekend getaway to a place you've both always wanted to visit.

## Things to Remember

- **Flexibility:** Be prepared to adapt the list as time goes on, considering any changes in health or circumstances.
- **Communication:** Keep the lines of communication open. Check in with each other to ensure that the activities are still enjoyable and feasible.
- **Gratitude:** Take time to express gratitude for each other's support and friendship. Sometimes, a heartfelt note or a simple "thank you" can be incredibly meaningful.
- **Memory-Making:** Capture your adventures with photos or keep a journal to reflect on the memories you've created together.
- **Balance:** While it's great to have a list of activities, also make sure to leave room for spontaneity and relaxation.

Creating and fulfilling a bucket list with a supportive friend after cancer is a beautiful way to celebrate life and your bond. Enjoy every moment making new memories together.



# Bucket List Ideas

*together*

There's no time like the present to be present ^ it's the best present of all!

**Step 1: Dare to dream.** Set up a time to brainstorm ideas and use this space to capture your hopes, aspirations, and ideas for bucket list experiences, large and small. Select your first goal and use the following pages to start planning and capture memories.

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# Bucket List Planner

*Description*

*Who?*

*When?*

*Where?*

*Why?*

*Goals?*

*Limits?*

*What's Needed?*

*Next Steps?*



# Favorite Memories

(insert image)

(insert image)

## A look back...

*When, Where, Who?*

*High Points*

*What We Learned*

*Favorite Memories*

*New Ideas*

*What's Next?*

RATING ☆☆☆☆☆

DO IT AGAIN?

# Bucket List Planner

*Description*

*Who?*

*When?*

*Where?*

*Why?*

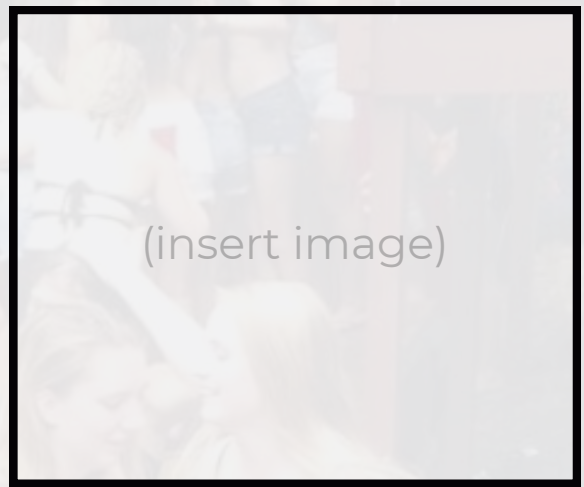
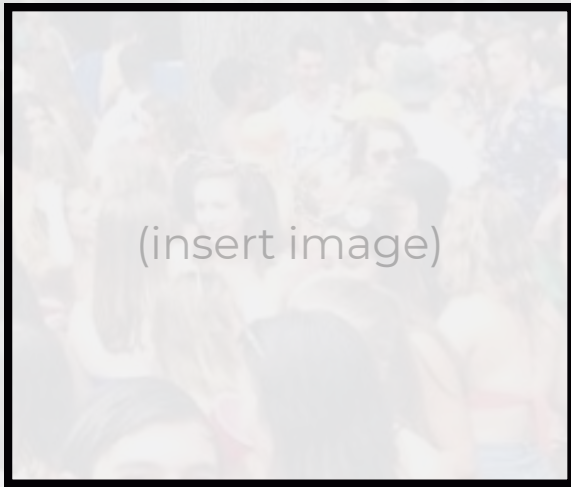
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*Limits?*

*What's Needed?*

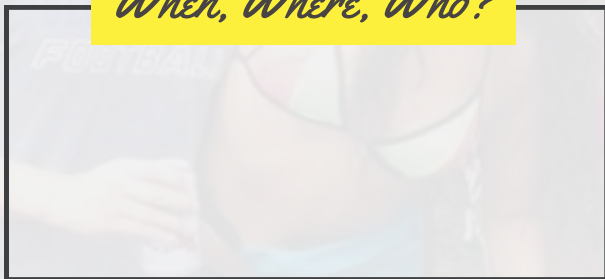
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# Favorite Memories

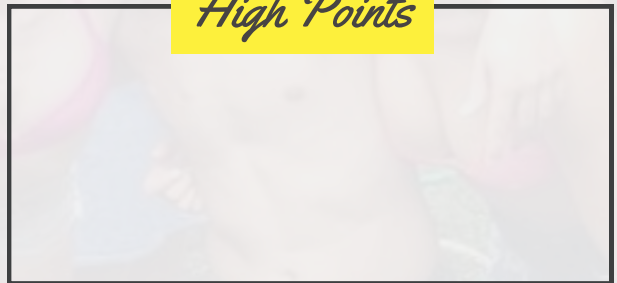


## A look back...

*When, Where, Who?*



*High Points*



*What We Learned*



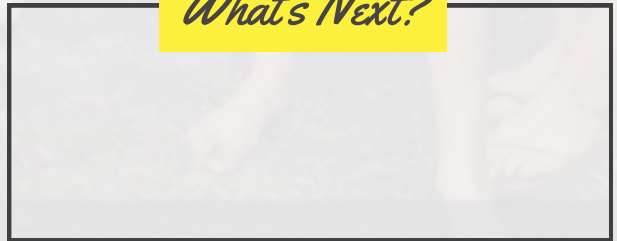
*Favorite Memories*



*New Ideas*



*What's Next?*



RATING ☆☆☆☆☆

DO IT AGAIN?



WHEN LIFE THROWS YOU LEMONS, ADD

*"Make lemonade with friends"*

TO YOUR BESTIE BUCKET LIST



**b** present

B-PRESENT.ORG