



# AMAZING ME!

## SPRING/SUMMER BUCKET LIST



**APRIL**

**MAY**

**JUNE**

**JULY**

**AUGUST**

**MIND**

Example:  
Read a book.

**BODY**

Example:  
Try a new, healthy recipe.

**FRIENDS  
& FAMILY**

Example:  
Write a thank you to  
someone special to me.

**You Are Worth the Best!**

Challenge yourself to learn and grow, and invite your friends and family to do the same! Write in your spring and summer goals for each month, and check them off as you complete them.

For more Spring/Summer Bucket List Ideas, and for other resources, please visit:  
[www.pledgeforlife.org](http://www.pledgeforlife.org)





*Ideas!*

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## SPRING/SUMMER BUCKET LIST

*Ideas!*



### YOU ARE WORTH THE BEST!

Challenge yourself to learn and grow, and invite your friends and family to do the same! Use the *Amazing Me! Spring/Summer Bucket List Calendar* to set your goals for each month. Use stickers, crayons or markers to check them off as you complete them. Not sure where to start with your goals? Check out these ideas. Get creative and have fun!

#### MIND & "HEART"

- \_ Listen to music
- \_ Write about my day each night before bed
- \_ Learn a new skill
- \_ Explore a new place
- \_ Learn a new skill/hobby
- \_ Read a book
- \_ Breathe deep to calm down
- \_ Think about one thing I am thankful for each day
- \_ Give a week's allowance to a good cause
- \_ Hold the door for someone
- \_ Talk to someone I trust about something that I'm worried about

#### FRIENDS & FAMILY

- \_ Have a friend over for pizza and a movie and let them choose the movie
- \_ Go for a talk-walk with my grown-up twice a week, or more
- \_ Talk with a classmate that I'd like to be better friends with
- \_ Let my younger/older brother or sister choose a game for me to play with them
- \_ Do a household chore without being asked
- \_ Tell a friend why you enjoy being their friend
- \_ Talk to an older family member about their childhood
- \_ Make a handmade birthday card for a friend

#### BODY

- \_ Dance to favorite songs
- \_ Have a picnic outside
- \_ Eat more fruits or veggies
- \_ Stretch or exercise during commercial breaks
- \_ Ride my bike each day
- \_ Create a daily clean routine (brush your teeth and hair, wash your face)
- \_ Drink 3 cups of water everyday
- \_ Build a fort
- \_ Stay off of electronics for one whole day
- \_ Create a healthy after school snack menu