Summer Bucket List Challenge

Fill your bucket this summer by doing things that feel good to you! Our Summer Bucket List Challenge has some great ideas or create your own. Set a goal and then get to fillin' your bucket!

Track your fun, check off 10 or more different items on the bucket list over the next 60 days.

Email your completed form to benefits@uww.edu by August 31, 2021.

Treat yo' self!

Self-care

- ☐ Stargaze—contemplate just how amazing life is
- ☐ Use PTO to leave work early to do your own thing!
- ☐ Enjoy a book or magazine at your favorite cafe
- ☐ Tap in to your artistic side with sidewalk chalk
- ☐ Take a nap or read in the warm shade
- ☐ Say "no" to something that feels stressful
- ☐ Say "yes!" to something fun and indulgent
- ☐ Relax in the bath, pool, hot tub, lake—you choose
- ☐ Sit outside, close your eyes, and just listen

I like to move it, move it!

Active living

- ☐ Dance to music that moves you
- ☐ Beat the heat—get up for an early morning walk/run
- ☐ Start your day with yoga in the sunshine
- ☐ Walk to do an errand or get a summer treat
- ☐ Try a NEW activity—geocaching, paddle boarding, etc.
- ☐ Grab a friend and go for a bike ride
- ☐ Work in your garden or yard
- ☐ Hand wash your car
- ☐ Go for a hike and have a picnic

Get 'er done!

Goals, productivity, professional development

- ☐ Get rid of 25 items from your house
- ☐ Organize a space—don't forget before and after photos
- ☐ Set one professional or personal goal for the summer
- ☐ Don't check work email when you are on vacation
- ☐ Make an emergency/natural disaster plan with family
- ☐ Aim for a no-waste week—reduce, reuse, recycle
- ☐ Listen to a professional/personal development podcast
- ☐ Read an article that will help you toward a goal
- ☐ Plan a fall/winter vacation

Sunday—fun day!

Weekend ideas with friends and family

- ☐ Go camping
- ☐ Visit a museum—pose like an exhibit (pictures!)
- ☐ Catch a summer blockbuster to escape the heat
- ☐ Have fun with animals—zoo, aquarium, or your pet
- ☐ Go to an outdoor concert, festival, fair or sports game
- ☐ Try an outdoor ropes course or ziplining
- ☐ Go to brunch or have a picnic in the park
- ☐ Visit a pool, river, lake, or coast for a water adventure
- ☐ Tour your local town or a new city you want to see

For the love of full bellies!

Food and drink

- ☐ Make a healthy, cool summer treat—share the recipe!
- ☐ Organize a progressive dinner with some neighbors
- ☐ Enjoy a treat from an ice-cream truck
- ☐ Make real homemade lemonade (no powdered stuff!)
- ☐ Eat your favorite summer produce—savor every bite
- ☐ Have a BBQ and snap a photo of the grill master
- ☐ Try a cold summer soup recipe
- ☐ Make fruit popsicles
- ☐ Pick up fruits and veggies from a farmers' market

You do you!

Create your own list

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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