

## Bucket List Ideas for

# Health + Wellness

- Go vegetarian for one month
- Compliment yourself every day in the mirror
- Wear sunscreen for all outdoor activities
- Go vegan for one month
- Floss every night
- Visit your physician for a check-up
- Eat an entirely plant-based diet for a month!
- Tell someone you love them every day
- Reach your goal weight
- Cook all your own meals for two weeks
- Find a fitness routine that works for you
- Get eight hours of sleep every night
- Meditate for 15 minutes before bed
- Stretch for five minutes every morning
- Stay up-to-date on vaccines and flu shots
- Make an appointment with a mental health counselor
- Stand up and stretch every hour at work
- Try a new type of exercise (cycling, yoga, etc)
- Get a gym membership
- Eliminate processed foods from your diet
- Work on giving up any negative feelings you've been holding on to