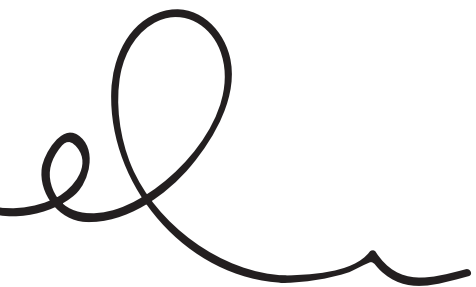


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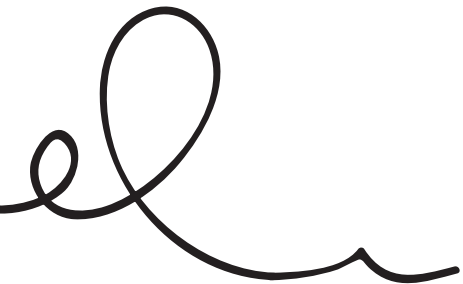
My
REVERSE
Bucket list

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An exercise in gratitude.

You've probably heard of a bucket list (all the things you would like to see or do in your lifetime), but we're talking about a reverse bucket list; a list of all the things you have achieved up to this moment in time.

A reverse bucket list is an opportunity to reflect on all the chances, experiences and opportunities you are grateful for. It's a chance to sit back and acknowledge all you have accomplished so far, no matter how big or small. We like to keep a 'working reverse bucket list' that we add to over time. It's amazing to look back on the month or year and see goals reached, and dreams come true. A reverse bucket list is great to add to, and reflect on, especially during challenging times; when you feel like you're not making the progress you wish you were. Today's a great day to give it a try!



My REVERSE Bucket list

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

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