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## The bucket list movie psychological analysis

One day you will die. No matter how well you eat or exercise, I'm sure you'll kick the bucket. Given that fact, the cheat sheet is here to help you draft your best end-of-life wish list yet. Here are 14 ways to crush your bucket list and live the best life. Plan a trip to national monuments. Amazing monuments to visit include the Statue of Liberty, grand canyon and Casa Grande. So pack some snacks and bring your camera and you're on your way. Throw in some adventure. Go hiking and explore everything nature has to offer. Just be careful and try not to venture too much - then you can't check off the rest of the items on your bucket list. Show your team spirit by participating in professional sporting events. Wear team colors, have some hot dogs, and enjoy the company of a few friends. Go after that job you've always wanted. Whether your dream is to work for NASA or own your own company, reach high. Live without regret. Lend a hand to those in need. When you give to others, you get back the rich rewards of knowing that you have made a difference in someone's life. Grab a partner and see one of the great wonders of the world. Some wonders you might want to check out are the Colosseum, the Great Wall, and the Taj Mahal. Don't settle for your usual boring trip. Instead, go on an exotic vacation and explore your wild side. The 5-star restaurant serves delicious meals. You deserve it. Get your party. I dance until I can't dance anymore. Try your luck in the game of blackjack. Hey, you might win enough to have an unforgettable night in town. Become a risk taker. Have enough courage to leap and go bungee jumping. Get in touch with your inner rock star and learn new instruments. No one knows. Maybe you'll be good enough to start a band. Gather a few close friends and hit the road. Get ready for some serious bonds as you discuss your hopes and dreams. To open your heart and fall deeply in love. It may be the best decision you've ever made. Follow Sheylesa on Twitter at://twitter.com/shearesa More from culture cheat sheets: LiveAbout uses cookies to provide a great user experience. By using LiveAbout, we accept the use of cookies. Hearing the word bucket list brings to mind the usual suspects, like an unforgettable travel experience in a far-off destination, such as a breathtaking hot air balloon ride or dinner at one of the world's top restaurants. All of this is great, but consider adding these meaningful and eye-opening activities to your checklist. From traveling by ito to discovering your ancestors' past, these 12 bucket list items inspire you to live your life to live its full potential. Fashion Me Now We all love to travel with our family and groups of friends, but there's a lot to gain from going it by itself. To go on a solo expedition means having the freedom to respond to yourself and set your daily agenda,of fellow travelers. You can throw away your watch and go with the flow, or you can stiffen your itinerary as you wish. Without a timetable tied to others, you can explore your destination at your own pace. As National Geographic points out, there are a number of things you'd gain from traveling unsoevered. Some include learning how to enjoy your own company, a more forgiving and caring way, and how to rely on your biggest supporters - yourself! plus, you won't know what interesting places you'll discover or the cool people you'll meet. Rick Smolan Inside Tracks \$33 Shop Christian Wielg/Getty Images We all live a busy life with barely enough time for ourselves, let alone others, but what we do know is this: being kind to others will never go out of style. In fact, showing a random act of kindness to those around you has a lot of positive side effects, such as giving your mind a healthy boost. This emotional warmth we feel also slows down the aging process thanks to the oxytocin we produce as a result. In addition, oxytocin reduces levels of free radicals and inflammation in the cardiovascular system and therefore slows aging at its source, Hamilton explains. To prepay it, line up your coffee from time to time, buy a stranger behind you, pay tribute to someone (be specific) or bake a cake for your new neighbor. It feels good, and it's good for you too. Piero Ferrucci The Power of Kind \$22 Shop Mimi Trison There is something deeply rewarding about making a meal with fruits and vegetables from her own garden. It is such a simple, honest and humbling feeling to see your vegetables grow from seedlings to beds of nutritious goodness for the whole family (or roommates) to enjoy. If your living situation lacks access to enough space, buy some pots and start a herb garden or vertical garden. Urban gardening has become a popular trend around the world, with many cities replacing rooftops with garden beds. Search for community gardens in your area where you can participate. Gardening is a lot of fun and you can save on groceries. Barbara Pleasant Starter Vegetable Garden \$19 Shop @claire\_most there are plenty you can do when vacationing abroad, many of which will probably be the main sights and attractions. But if you want to delve deeper into the place (and maybe go deep with yourself), consider packing yours up and moving abroad for a year or two. Australia, for example, offers up to 30 work visas to U.S. citizens. You will also have the opportunity to realize your travel ambitions by teaching English abroad or doing a work trade program on your farm. Roseanne Knorr Adult Guide Flees Home \$16 Shop @newdarlingsThrow money at the cause or offload our old one at a local thr recycling shop, but take it a step further and donate one of the really valuable things: your time. If you can tell the charities that need your precious time the most, you'll feel the helper height we talked about earlier. For example, if you work in marketing, is there an organization that can use event planning and content creation skills? Plus, consider your values, do your research, and consider Forbes' tips for finding the right nonprofit to fit in, such as looking back at the type you're better at. Nick Cooney da Viet the Good to Great to Good \$13 Shop Timur Emock /Getty Images We live on a planet with such a diverse population and it's time to learn a bit more about each other. How much do you know about the various cultures that coexist across the country, in your home state, and even in your own city? The good news is that you don't have to travel around the world to experience different cultures. Ashford University's blog post recommends visiting a local museum, expanding your mind with books, listening to cultural podcasts (try NPR's rough translation) and perusing Instagram geotags as examples of how to learn more about the world around us. Half Baked Harvest Learning Something new can do anything, such as taking an online course on writing and learning code. Or really shake things up and sample things that don't d draw you naturally. For example, surf if you're usually drawn to the mountains, apply for a cooking class if you hate the kitchen, or try a wine tasting class if beer is your destination. Gain new skills and new perspectives. James P. Dewan Preparatory School \$20 \$16 Shop @whitneyleighmorris Most people dream of getting on a foreign adventure, but how about exploring your own backyard? There is a lot to learn from seeing your city through the eyes of visitors. For example, choose a free weekend to explore neighborhoods you haven't been to yet, eat at restaurants on the other side of town, or pop into museums you drive to every day but haven't enough. Bonus: Many city attractions have resident discounts. Check out the attraction's website or search for free things in your city. Jamie Jensen Road Trip USA\$27 Shop I'm addicted, so the kind of private reflection that happens while writing helps us work through issues and concerns that may have to allow us to come to a deeper understanding. The positive impact of journaling on your health and well-being may be what some people need to maintain their optimistic outlook. Dr. Srira Milgen, psychologist at the University of WisconsinThe kind of private reflection that occurs while writing can help us through the issues and concerns we need to gain a deeper understanding. Oprah has been a devoted day reporter since she was 15 years old, and she attributes much of her success to journaling. It's amazing to be able to track your own evolution, who I am, who I'm still being, she said. Our memories fade as we age, so writing down our struggles and triumphs allows us to look back, reflect and understand our lives @courtneyadam a little more. I want to study the family path, where they originally came from and how they came here and make the same trip they did, one MyDomaine editor shared. I want to go to those places and follow in their footsteps so that I can connect with my heritage and understand everything that has happened before me. To begin exploring your heritage, consider reaching out to a professional genealogist, cheering around an old box at home, and chatting with your family elders, national geographic recommends. There are also .com online resources, including Ancestry, Industry and Archives.org. Allison Wright Common People \$18 @ada\_oguntodu women tend to lack confidence when it comes to money. In fact, there is scientific evidence that women are behind in their finances because they feel uncomfortable talking about money. Well, in the age of Montpreneur, a concerted effort to support a female leader is the time to turn our fears into indomitable and put our financial aptitudes in charge once and for all. For inspiration and community, check out Elvest, Stash Wealth, where ladies get paid. Sue's Orman Sooz Orman Financial Guidebook \$15 Shop @\_hollyt Sustainability is more than just a buzzword. It's about changing our lifestyles to do what we can to consume resources responsibly and protect the planet for future generations. It may include buying an eco-friendly local decoration brand, choosing a renewable water filter over a disposable plastic bottle, or bringing your own coffee mug to a café for a daily dose of Javanese. There are many ways to reduce waste and save energy, so let's start by making small steps to make sustainability part of your lifestyle. William McDonough The Upcycle \$26 \$12 Shop Shop

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