

FEMALE'S BUCKET LISTS

“YOU CAN DO ANYTHING YOU
WANT TO DO - THIS IS YOUR
WORLD” BOB ROSS

! YOU CAN ACHIEVE ANYTHING IN
LIFE AS LONG AS YOU BELIEVE, AS
LONG AS YOU HAVE THE DRIVE,
THE PASSION AND FOCUS YOUR
MIND INTO IT!

CHOOSE
TO BE
HAPPY

Introduction

Wish Lists are a personal journey between you and your desires. It is about what you want most in your own life, aspirations that have deep meaning for you .

Life is sometimes too short, we are just visitors in this Universe, keeping this in mind, let's do our best, or at least try to live this one and only life consciously 24/ 7 and 365 days until your last breath, no regrets ! So, make it a habit to plan and write your wish lists more often so you don't miss out on anything in your life, let's at least try, shall we...?!

BE WHO YOU WANT TO BE



DO WHAT YOU WANT TO DO

Try to get a good start in the new year by getting used to doing a daily routine

Write a short list of New Year's resolutions to take good care of yourself...

How about being more positive and trying to have only good vibes every day?

How about trying to always embrace your « allure » !

Develop healthy exercise and nutrition habits

Organize a detox plan, Take care of your body , get a general health checkup every year.

Try to set aside time every day for at least 30 minutes to stretch or exercise.

Remember that our body consists of 75% water, drink less alcohol and less carbonated drinks, instead try to drink at least 2,5 liters of natural water during the day remember that it is healthier to drink sitting down !

Try to avoid excess sugar and bad fats, and try to be more active in your daily life .

Do You need to improve something in your personal appearance ?



LIVE LOVE LAUGH
LOVE LAUGH LIVE
LAUGH LIVE LOVE



How about to get used to having a good skin routine ,
How about Taking care of your smile,
your hair, your nails...

What about your soul and your mind?

Nurture your mind and body with regular self-care
rituals.

How about trying a yoga or meditation class?

Get in the habit of taking short breaks

turn off the news

keep a hobby

stop negative self-talk

Practice abdominal breathing

Tell others how you really feel

Learn to have a sleep routine

Try not to use screens before bed.

How about your profession ? your job ? are you happy
and satisfied with it? If the answer is yes, that's great,
if not, just try to find what your love doing and let it
kill you ! ; -)

* Vision Board *

Make It Happen !!

Health

Lifestyle

Travel

Family

Career

Happiness

Knowledge

Hobbies

Friends

Wealth

Green Planet

Q1

The first quarter of the year :

01 January until 31 March

Here are some Tips for the first quarter of the year January , February ,March....

Happy - new - year - wishes and greetings

New year planner set up (start planning the summer trip)

Find a lucrative side income (to start saving for the summer trip)

Go to the rose parade in Pasadena Ca

Go to Santa Anita park Ca

Go to the spa

Visit an art gallery or museum.

Sit court side at an NBA game

Go to Alaska to see the Northern Lights

Go to an indoor water park!

Super bowl Sunday

Go to the masked ball - carnival in Venice Italy



#wishlist

Valentine's Day

Celebrate pizza day

Quebec Winter Carnival

“Berlinale” film festival

Barranquilla carnival Colombia

Rio Brazil Carnival

Bergen literary festival Norway

Tibet Losar buddhism festival

National Frozen Yogurt Day

National Polar Bear Day

Pancake day celebration

Saint Patrick's day

Celebrate Mardi Gras

Holi India festival

Create your Q1 playlist !!

Join a gym and go for real !!

If you miss the sun, how about going on vacation to
Miami, the Caribbean, South America, the Far East?