

BESTIE BUCKET LIST

*Planning and capturing
life's experiences together*



BUCKET LIST GUIDE

Cancer can change plans, routines, and relationships. Creating a Bestie

Bucket List is about bringing back into focus what matters most: making time for each other. Use this guide to dream up experiences, strengthen your connections, and capture new memories together.



1. Find Common Interests

Reflect on the activities and experiences you both enjoy. This could be anything from outdoor adventures to cultural outings or simply relaxing together.



2. Consider Emotional and Physical Well-being

Choose activities that are manageable and enjoyable for both of you.



3. Mix it Up

Not every item on the list has to be a grand adventure. Sometimes, the simplest activities can be the most meaningful. Include a mix of big and small experiences.



4. Start Small

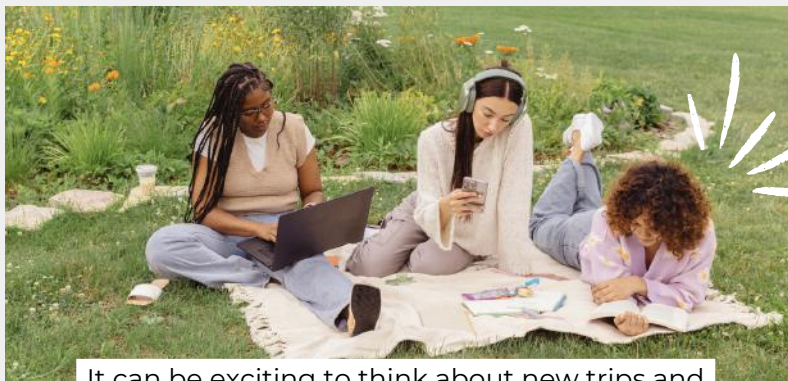
Your first bucket list item doesn't have to be a trip across the world. A coffee date at a new cafe, a sunset walk in a new location, or a movie night can be just as meaningful.



Inspired by Bobby Menges, whose joyful spirit continues to inspire others to embrace life, celebrate friendships, and make every moment together count.



Things to Remember



It can be exciting to think about new trips and activities. Here are a few reminders to keep it achievable and low stress.



Flexibility: Be prepared to adapt the list as time goes on, considering any changes in health or circumstances.



Communication: Keep the lines of communication open. Check in with each other to ensure that the activities are still enjoyable and feasible.



Gratitude: Take time to express gratitude for each other's support and friendship.



Memory-Making: Capture your adventures with photos or keep a journal to reflect on the memories you've created together.



Balance: While it's great to have a list of activities, also make sure to leave room for spontaneity and relaxation.



Permission to Pivot: Sometimes plans change, and that's okay. The goal isn't completing every activity. The goal is spending meaningful time together.

Bucket List Prompts



Places to Go



- Where have we always talked about going?
- What place makes us feel happiest?
- What place would create a great memory?

Things to Do



- What have we never tried before?
- What always makes us laugh?
- What would get us out of our routine?

Ways to Celebrate



- What milestone deserves recognition?
- What are we proud of?
- What should we make time to celebrate?

Things to Learn



- What have we always wanted to know?
- What skill would be fun to learn together?
- What would help us grow?

Bucket List Brainstorm

Step 1: Dare to dream. Set up a time to brainstorm ideas and use this space to capture your hopes, aspirations, and ideas for bucket list experiences, large and small. Select your first goal and use the following pages to start planning and capture memories.

Places to Go

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Things to Do

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Ways to Celebrate

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Things to Learn

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Bucket List Challenge

Choose one item from your list and schedule it within the next 30 days.

- ☐ We picked an activity
- ☐ We picked a date
- ☐ It's on our calendars
- ☐ We're making it happen



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Bucket List Planner

Description

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Who

--

When

--

Where

--

Why It Matters

--

What Makes It Special?

--

Things to Consider

--

What's Needed

--

Next Steps

--

Favorite Memories

(insert image)

(insert image)

A look back...

When, Where, Who?

High Points

What We Learned

Best Memory

Biggest Surprise

Connection Moment

RATING ☆☆☆☆☆

DO IT AGAIN? ☐

Bucket List Planner

Description

--

Who

--

When

--

Where

--

Why It Matters

--

What Makes It Special?

--

Things to Consider

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Next Steps

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Favorite Memories

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DO IT AGAIN? ☐

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What's Needed

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Next Steps

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Favorite Memories

(insert image)

(insert image)

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RATING ☆☆☆☆☆

DO IT AGAIN? ☐

Connection is what matters.

**KEEP MAKING MEMORIES.
TOGETHER.**

