

INTENTIONAL LIVING

Summer Bucket List

Run through the sprinkler	Watch an outdoor movie	Sit by a campfire	Stargaze	Go swimming in the lake
Eat an ice cream cone	Take a road trip	Sleep outside	Have a picnic	Go for a long bike ride
Spend a whole day outside	Eat watermelon	Paddle a canoe	Walk in the forest	Go to the beach
BBQ with friends	Spend a day at a local provincial or national park	Play an active game with friends, soccer or badminton	Rent a stand up paddleboard for a morning	Skip rocks
Visit a friend out of town	Take the scenic route	Listen to bird song, identify some of them	Eat seasonal food	Blow bubbles
Watch fireworks	Watch the sunset	Watch the sunrise	Make your own popsicles or ice cream	Grow something, herbs or tomatoes