

# INTENTIONAL BUCKET LIST

## WORKSHEET FOR COUPLES

### 1 WHAT SEASON OF MARRIAGE ARE YOU IN?

Are you both hustling at work or have you settled into a steady routine? Is it just the two of you? Do you have a newborn or a crew of littles? Consider where you're at and what unique opportunities are available to you now. Think ahead to what might be impossible or hard to do in the next stage and try to incorporate more of that.

---

---

---

---

### 2 WHAT ARE YOUR GOALS FOR THE NEXT YEAR?

Have you made any goals this year? For yourselves as a couple or individually as a wife or husband? Reference those goals and consider items you can add to your list that will bring you closer to reaching those larger goals.

---

---

---

---

### 3 WHAT TYPE OF COUPLE ARE YOU?

What is your couple personality type? What do you enjoy doing? What values are most important to you? It can be too easy to start adding things to your bucket list that don't fit you just because it's what everyone else is doing. Skip those things! Only add items that you would actually enjoy, or that will benefit your marriage!

---

---

---

---

## 4 WHAT TYPE OF COUPLE WOULD YOU LIKE TO BE?

What is it that you wish you were actually doing together as a couple? How would you like to see yourselves moving forward? We can easily get stuck in old habits and quickly realize that our daily routine does not reflect what we want to be as a whole. Add items that will help you to be the couple you want to be in the big picture.

---

---

---

---

## 5 WHAT DO YOU NEED AS A COUPLE?

What could your relationship use in this season? Think about YOUR relationship and what you guys are lacking right now? Do you need to pursue romance? Rest & Margin? Laughter? Adventure? Connections with others?

---

---

---

---

**BRAIN  
STORM  
IDEAS**

# BUCKET LIST *for*

---

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

24. \_\_\_\_\_

25. \_\_\_\_\_

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_