



DARREN HARDY

SUMMER BUCKET LIST CHALLENGE



WORK & LIFESTYLE

- ☐ Share your top 3 goals for June
- ☐ Share a photo of your Sunday planning for the week ahead
- ☐ Jam session - Do a clean sweep of your work space
- ☐ Share your top 3 goals for July
- ☐ Jam session - spend 60-90 minutes tackling a project you've been procrastinating on
- ☐ Share your top 3 goals for August
- ☐ Rinse & Repeat INSANE PRODUCTIVITY

ACTIVE LIVING GET YOUR SWEAT ON!

- ☐ Go on a hike, extra point for a creative pose at the top!
- ☐ Post a selfie of you being sweaty and active!
- ☐ Try a new workout and tell us about it!
- ☐ Go for a bike ride
- ☐ Show us your favorite workout gear
- ☐ Post a Boomerang or video of you jumping into a pool
- ☐ Post a Boomerang or video of your best golf swing

YUMMY GRUB & SIPS

- ☐ Sip a drink in style
- ☐ Snap a pic of your most epic ice cream creation before it melts!
- ☐ Eat a snow cone or popsicle
- ☐ Buy from the Ice Cream Truck or Local Stand and send a pic of what you get
- ☐ Show us the most ridiculous thing you saw (or ate) at the local fair
- ☐ If you go to a BBQ, snap a pic of the grill master
- ☐ Post a Boomerang or video of someone blowing out bday candles

FRIENDS/FAMILY

- ☐ Watch a summer blockbuster
- ☐ Let's see your best Red, White and Blue spirit!
- ☐ Go to a museum and pose like one of the exhibits
- ☐ Throw a party
- ☐ Show us your amusement park ride picture - mid-scream!
- ☐ Mini golf - extra point for a hole-in-one
- ☐ Watch fireworks
- ☐ Go camping and show us your setup!
- ☐ Snap a pic of your boat captain
- ☐ Go to the zoo and take a picture posing as your favorite animal
- ☐ Share a pic of your funniest pet moment
- ☐ Plan a special picnic for you and a loved one

PERSONAL DEVELOPMENT/GROWTH

- ☐ Show us where you are doing your summer reading
- ☐ Write and send a thank you note for an unexpected reason
- ☐ Pay it forward with your next coffee purchase
- ☐ Unplug for a full day
- ☐ Unplug for a weekend
- ☐ Watch the sunrise
- ☐ Watch the sunset

FREEDOM - ADD YOUR OWN!

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