

The Sunshine Project

BUCKET LIST

"Those who bring sunshine into the lives of others cannot keep it from themselves."

- ☀️ Tell your mom you love her
- ☀️ Listen to feel good music
- ☀️ Name 3 things you love about yourself
- ☀️ Make a friend
- ☀️ Write a thank you note
- ☀️ Write a gratitude list
- ☀️ Compliment someone
- ☀️ Dance
- ☀️ Do your favorite self care
- ☀️ Learn something new
- ☀️ Get out in nature
- ☀️ Call a friend
- ☀️ Smile at a stranger
- ☀️ Go on an adventure
- ☀️ Help Someone
- ☀️ Watch the sunrise
- ☀️ Exercise
- ☀️ Give a hug
- ☀️ Meditate
- ☀️ Find the bright side
- ☀️ Declutter a space
- ☀️ Play with your kids
- ☀️ Celebrate something
- ☀️ Eat an apple