

ACTIVITY: Bucket List

GROUP TOPIC: Creative and Self Expression

GROUP FOCUS: To explore goals one wants to accomplish in life.

MATERIALS:

Paper

Markers



GROUP DESCRIPTION: Lead a discussion on goal setting for things one wants to accomplish in life. Have the participants make a list of 10-50 (appropriate) things they want to accomplish in their life.

DISCUSSION QUESTIONS:

1. Share at least 3 things with the group.
2. Why is it important to look forward to things in our life?
3. What can hope do for you?