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When you hear the term bucket list, you'll remember the usual suspects, such as unforgettable travel experiences in faraway destinations, such as breathtaking hot air balloon rides or dinner at one of the best restaurants in the world. While these are all amazing things to strive for, you should add these meaningful and eye-opening activities to your checklist. From the first-round trip to the discovery of your ancestors, these 12 bucket list items will inspire you to live life to the fullest. Fashion Me Now We all love to travel with our family or a group of friends, but there's so much to gain if we do it alone. Going on a solo expedition means having the freedom to take care of yourself and setting the daily agenda without distracting fellow travellers. You can throw away your watch and walk with the river or be as rigid with your itinerary as you like. Without a schedule tied to others, you can explore a destination at your own pace. As National Geographic points out, there are a number of things to gain when you experience solo travel. Some are to learn how to enjoy your own business, how to be more tolerant and compassionate, and how to rely on your greatest lawyer - yourself! Besides, you never know what interesting places you're going to discover or cool people you're going to meet. Rick Smolan Inside Tracks No. 33 Shop Christian Vierig /Getty Images We all lead a busy life with barely enough time for ourselves, let alone others, but what we know is that being kind to others will never go out of fashion. In fact, show random acts of kindness to those around you has a lot of positive side effects, such as giving your heart a healthy boost. According to David R. Hamilton, Ph.D., author of The Five Side Effects of Kindness, the feel-good factor of the species triggers a biochemical reaction in the brain to get a natural high, or what is known as 'helper high'. This emotional warmth that we feel also slows down the aging process thanks to the oxytocin we produce as a result. In turn, oxytocin reduces the level of free radicals and inflammation in the cardiovascular system, slowing aging at its source. Hamilton explains. To pay it forward, buy the stranger behind you in the queue a cup of coffee every now and then, pay someone a compliment (make sure to be specific!), or even bake a cake for your new neighbor. It feels good, and it's good for you too. Piero Ferrucci The Power of Kindness No. 22 Shop Mimi Thorisson It's a very rewarding thing to cook a meal with fruits and vegetables from your own garden. It's such a simple, honest and humble feeling to get her vegetables from to see the nutritious bed of kindness for your whole family (or roommates) grow. If your living situation does not have enough space, buy some pots and start a herb garden or a vertical garden. Urban gardening has become a popular global trend, with many cities swapping roofs for garden beds. Take a look at community gardens in your area that you can Gardening is a lot of fun, and it can also save you money for food. Barbara Pleasant Starter Vegetable Gardens No. 19 Shop @claire_most There is only so much you can do when you are on holiday abroad, and much of it is probably the main tourist attractions and attractions. But if you want to dig deeper into a place (and maybe go deeper with yourself), you should consider packing your stuff and moving overseas for a year or two. For example, Australia offers work visas to US citizens up to 30 years of age; there are also ways to teach English abroad or to do a work-trade program on a farm to make their travel ambitions a reality. Rosanne Knorr The Grown-Up's Guide to Running Away From Home No. 16 Shop @newdarlings So many of us throw money for a thing or unload our old unwanted things in the local savings shop, but go a step further and donate what is really invaluable: your time. If you can give some of your precious time to some of the charities that need it most, you will feel that helpers have spoken up earlier. Work it into your schedule by voluntarily using the skills you have to resonate with one thing. For example, if you're in marketing, is there an organization that could use your event planning or content creation skills? Also consider Forbes tips to find the right nonprofit to vote for, including taking your values, researching, and reflecting on the kind of good people you are. Nick Cooney How to Be Great at Doing Good 26 '13 Shop Timur Emek /Getty Images We live on a planet with such a diverse population, and it's time for us all to learn a little more about each other. How much do you know about the different cultures that coexist across the country, your home state, even your own city? We live on a planet with such a diverse population, and it is time for us all to learn a little more about each other. The good news is that you don't have to travel around the world to experience different cultures. A blog post from Ashford University recommends visiting a local museum, expanding the mind with books, listening to cultural podcasts (try NPR's Rough Translation) and reading the geotags on Instagram as examples of how you can learn more about the world around us. Half Baked Harvest Learning could be anything new, like programming an online course on writing or learning. Or, really shake things up and try something you wouldn't naturally appreciate. Try For example, if you are usually drawn to the mountains, sign up for cooking classes if you are ashy of cooking, or try a wine tasting if beer is your go-to. You get new skills and a new perspective. James P. DeWan Prep School 20 x 16 Shop @whitneyleighmorris Most people dream of immersing themselves in foreign adventures, but what about exploring your own backyard? Don't overlook the magic of your own environment. There is much to learn when you see your city through the eyes of a visitor. Choose a free one for z.B. To explore a neighborhood you haven't been to, dine in a restaurant on the other side of town or visit the museum you're driving past every day but haven't been to the museum yet. Bonus: Many attractions in the city have residential discounts; check with the attraction website or look for free things to do in your city. Jamie Jensen Road Trip USA 27 Shop Because I'm Addicted The kind of private reflection that takes place during writing can help us solve problems and concerns that we may need to allow to gain a deeper understanding. The positive impact of journaling on your health and happiness can be just what some people need to maintain an optimistic attitude. Shilagh Mirgain, PhD, a psychologist at the University of Wisconsin, explains that the kind of private reflection that takes place during writing can help us solve problems and concerns that we may have to gain a deeper understanding. Oprah has been in her 15th year since she was 15. It's amazing to be able to follow your own evolution - who I was, who I still become, she said. Our memory fades as we get older, so that by writing down our struggles and triumphs, we can look back, reflect and understand our lives a little better. Meera Lee Patel Start Where You Are 16 No. 11 Shop @courtneydamo Have you ever traced your legacy where it all began? I'd love to explore my family's

path, where they originally came from and how they came here, and then take the same trip they made, a MyDomaine editor said. I would like to go to these places and follow in their footsteps so that I can connect with my heritage and understand all the things that have happened before me. To begin exploring your heritage, you should contact a professional genealogist, root old boxes at home, and entertain the elders in your family, National Geographic recommends. There are also a number of online resources, including Ancestry.com and Archives.org. Alison Light Common People No. 18 Shop @ada_oguntodu women have a tendency to lack confidence when it comes to money. Indeed, there is scientific evidence that women are lagging behind in their finances because they feel uncomfortable talking about money. Now, in the age of mompreneur and a concerted effort to defend female leaders, it's time for us to turn our fears into strength and take over our financial fitness once and for all. Inspiration and community can be found at Ladies Get Paid, Ellevest and Stash Wealth. Suze Orman Suze Orman's Financial Guidebook No. 15 Shop @_hollyt Sustainability is so much more than just a buzzword; it is a question of to ensure that we use resources responsibly and do everything in our power to protect our planet for future generations. It may include buying local décor brands that are environmentally friendly, choosing renewable water filters via disposable plastic bottles, or bring your own coffee mug to the cafe for your daily dose of There are so many ways you can reduce your waste and save energy, so start by taking small steps to make sustainability part of your lifestyle. William McDonough The Upcycle No. 26 '12 Shop

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