

# THE BUCKET LIST JOURNAL

WRITE YOUR  
OWN ADVENTURE



# MY BUCKET LIST

Create your own personal bucket list with where you want to go and what you want do while you're there.

PLACES TO GO AND THINGS TO DO



- 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 .....









# I TRAVEL NOT TO GO ANYWHERE, BUT TO GO.

ROBERT LOUIS STEVENSON

Make a list of the places you would most like to explore  
simply by walking around them.

A series of horizontal dotted lines for writing a list of places to explore.





WE WANDER FOR  
DISTRACTION,  
BUT WE TRAVEL  
FOR FULFILLMENT.

HILAIRE BELLOC

How do you think your adventures will change you for the future?

A series of horizontal dotted lines provided for writing a response to the question above.



## TOP TIPS HOW TO PLAN A TRIP

1

### Decide where to go

Think about what you want to get from a trip and which place will offer you the best opportunities.

2

### Buy a good guidebook

The internet has lots of great sites and blogs, but a dedicated book will generally have been more stringently checked.

3

### Research when the best time to travel is

Based on weather, national holidays, rainy seasons, off-season flight deals, etc.

4

### Calculate how long you want to go for

This could be influenced by your budget, a job offer, or even an unmissable family occasion.

5

### Work out how much your trip will cost

As well as a per-day living budget, include the cost of flights, travel insurance, etc.

6

### Start saving

Set yourself a weekly target; this can help break down what seems like a huge amount into workable goals.

7

### Plan with your friends

Persuade your friends to start saving too, if you're planning on traveling with people.

8

### Look for deals

Keep an eye out for good flight deals or those that can be bought with points, and look into the option of a stopover.

9

### Book flights

Always do this through a reputable company and ensure you are covered for any unforeseen events.

10

### Enjoy your trip!

Go with an open mind, stick to your budget, keep in touch with home, and you'll have a wonderful experience.

## CHECKLIST BEFORE YOU GO

Before you embark on a trip, there is a fair bit of admin that needs to be taken care of. Use the checklist below to make sure you have everything in order.

### PASSPORT

Check that this document is valid for at least six months beyond your travel dates. Make a note of your passport details on page 190 just in case it gets lost or stolen. ✓

*Passport expires on* .....

### VISAS

Make a note of different visa requirements for the countries you are visiting.

*Country*

*Visa requirements*

.....

.....

### VACCINATIONS

Some countries require proof of your vaccination history before they will let you in.

*Country*

*Vaccine needed*

.....

.....

### ADVANCE BOOKINGS

Some of your bucket list ideas will require advance bookings (for example, the Inca Trail), even before you choose a flight date.

*Event*

*Booking agreed for what date*

.....

.....



# USEFUL PHRASES TO MASTER

Learning a few simple words and phrases in a foreign language is well worth the time when you're traveling. Start a conversation with people you meet, show interest in local culture, and, most importantly, make yourself understood.

Before you depart—while you still have easy access to the internet, perhaps—you can jot down these useful phrases to rely on during your travels. Alternatively, you can ask someone you meet along the way to help you say the following useful sayings and expressions.

## PHRASES TO LOOK UP BEFORE YOU GO



● Hello

.....  
.....

● Good morning

.....  
.....

● Good-bye

.....  
.....

● Please

.....  
.....

● Thank you

.....  
.....

● Excuse me

.....  
.....

● Sorry

.....  
.....

● How are you?

.....  
.....

● I only speak a little . . .

.....  
.....

● Yes / No

.....  
.....

● Exit / Entrance

.....  
.....

● I would like . . . / Can I have . . . ?

.....  
.....

● Do you sell . . . ?

.....  
.....

● How much does it cost?

.....  
.....

● Can I get the bill please?

.....  
.....

● Can I pay by card?

.....  
.....

● I don't understand

.....  
.....

● Where is the bathroom?

.....  
.....

● Numbers 1–10

.....  
.....

● That is good/bad

.....  
.....

● Where is the station?

.....  
.....

● I don't eat . . .

.....  
.....

● Where can I wash my hands?

.....  
.....

● Do you have a spare . . . ?

.....  
.....



# HOW TO KEEP A JOURNAL

*We wanderers, ever seeking the lonelier way, begin no day where we have ended another day; and no sunrise finds us where sunset left us. Even while the earth sleeps we travel. We are the seeds of the tenacious plant, and it is in our ripeness and our fullness of heart that we are given to the wind and are scattered.*

From *The Prophet* by Kahlil Gibran

Living an adventure, writing about it, and reflecting back upon it can bring a good deal of pleasure. It can help us learn more about ourselves and our expectations—as well as providing us with vivid recollections that might otherwise be lost to the mists of time.

A travel journal isn't necessarily an itinerary of where you went and what you saw. You can add your anticipation of events, your motivation for going to places, what you imagined things would be like, as well as what the reality was. And that reality goes beyond the sights; it's the sounds, the smells, the people, the weather, the things you thought about, and the decisions you made from day to day—all the different elements that go into creating memories.

Many people who start keeping a journal find that they are able to unlock creative and meditative aspects of their personality. You can use the pages of a journal to help deal with the joy, and the sorrow, that moving from one place to another can bring.

Just as every journey begins with a single step, a journal begins with just a few words. If you are unsure how to begin, write a small dedication to yourself at the beginning of this book (page 1). What do you want this journal—and journey—to do?

## FIVE GOLDEN RULES

1

### **Where and when**

Note the date and where you are when you write. When you are journeying from place to place and may even be short of a little sleep, those little details get lost alarmingly fast. For the same reason, try to write in the moment. If you save writing for the evenings, you will be recalling an experience, and worse, you may fall asleep before you start!

2

### **Include other people**

The people you meet are a huge part of the traveling experience. Whether it's fellow travelers or locals, you can learn from others, and a journal is the perfect place to record it all. Write down local sayings and funny things you hear, as well as all the in-jokes that develop along the way.

3

### **Look forward as well as back**

Use your journal to think about and plan where you're going and what you want to do there. Comparing your expectations to the reality makes for very interesting reading. Plus when you meet people coming the other way, you can make a note of any tips they give you for future destinations.

4

### **Focus on the detail**

While you'll see some amazing sights on your journeys, sometimes it can be the mundane events that will make you smile years down the line.

5

### **Be honest and keep it real**

Traveling can change us. We put ourselves outside our comfort zones and learn things about the world and about ourselves. Not every experience we have is a delight, and it's normal to miss things about home, even while you are having the time of your life. Use your journal to reflect on all parts of a trip, the good and the bad, to help you get a grip on all the different feelings you have. And if you are having a bad day? Turn back a few pages and remember something fun.



— 1 —

TRIP DIARY

WHERE

DATE

STANDOUT EXPERIENCE

THE MOMENT I'LL ALWAYS REMEMBER

SOMETHING NEW I LEARNED

PEOPLE I MET

FOOD I ATE

MUSIC I LISTENED TO

A large grid of dotted lines forming a writing area on page 31. The grid is composed of small, light blue dots arranged in a regular pattern, creating a guide for handwriting. The grid covers the entire right page, with a margin at the top and bottom.

Handwriting practice lines on page 32, consisting of 20 horizontal dotted lines.



