

51 Things to Experience Before You Die

(Wellness & Life Perspective by a Registered Nurse)

- ☐ 1. Take a Solo Trip
- ☐ 2. Write a Goodbye Letter
- ☐ 3. Go on a Digital Detox
- ☐ 4. Get Lost in Nature
- ☐ 5. Start a Journal
- ☐ 6. Attend a Wellness Retreat
- ☐ 7. Volunteer Abroad
- ☐ 8. Spend a Weekend Offline
- ☐ 9. Walk Barefoot on Grass
- ☐ 10. Get a Full Health Check
- ☐ 11. Learn Breathwork Techniques
- ☐ 12. Reconnect With an Old Friend
- ☐ 13. Take Yourself on a Date
- ☐ 14. Visit a Healing Destination
- ☐ 15. Declutter One Room Completely
- ☐ 16. Book a Therapy Session
- ☐ 17. Make a Vision Board
- ☐ 18. Try Float Therapy
- ☐ 19. Dance in the Rain
- ☐ 20. Learn to Say No
- ☐ 21. Invest in a Massage or Spa Day
- ☐ 22. Try Forest Bathing
- ☐ 23. Plan a Legacy Project
- ☐ 24. Watch the Sunset in Silence

- [] 25. Join a Group Class
- [] 26. Say What You Really Feel
- [] 27. Spend a Day in Silence
- [] 28. Cook a Meal for Someone
- [] 29. Try an Unplugged Weekend
- [] 30. Celebrate a Small Win Loudly
- [] 31. Forgive Someone Who'll Never Apologize
- [] 32. Go Somewhere With No Plan
- [] 33. Say 'I Love You' First
- [] 34. Find Your Rest Ritual
- [] 35. Watch a Sunrise Alone
- [] 36. Revisit a Childhood Joy
- [] 37. Dance Like No One's Judging
- [] 38. Make a Gratitude List Daily
- [] 39. Unfollow What Drains You
- [] 40. Say Yes to Something Scary
- [] 41. Send a Handwritten Letter
- [] 42. Eat Something You Grew
- [] 43. Swim in Open Water
- [] 44. Witness a Birth
- [] 45. Sleep Under the Stars
- [] 46. Create Something From Scratch
- [] 47. Take a Class Just for Fun
- [] 48. Visit a Place That Scared You
- [] 49. Say No Without Explaining
- [] 50. Write Your Own Eulogy
- [] 51. Say Thank You More Often