Excited's *EXTRAORDINARY* Summer Bucket List

HI! I'm EXCITED from the DBSA Mood Crew!

I've created this summer bucket list worksheet so that you can write down all the things you are excited for this summer!

EXCITED'S BUCKET LIST:

- ☐ **Ride a roller coaster!**
  I love roller coasters!
- ☐ **Eat a funnel cake!**
  They're my favorite!
- ☐ **Read all the books on my summer reading list!**
- ☐ **Spend time with my friends at the park!**
- ☐ **Help my Mom make breakfast!**
  Pancakes, yum!
- ☐ **Summer camp!**
- ☐ **Have extra family time!**
- ☐ **My birthday!!! (August 19!)**
  Birthday cake, yum!

MAKE YOUR OWN BUCKET LIST with some things you are excited about:

Depression and Bipolar Support Alliance

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