



# Living List Reflection Sheet

**Your Living List: What Lights You Up**

Take a quiet moment to reflect and write.

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## 1. Places I'd Love to Visit (Again)

*(These could be new places or meaningful ones from your past.)*



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## 2. People I'd Like to Spend More Time With



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### 3. Conversations I Want to Have


*(Things I want to say or hear — with love, honesty, or closure.)*

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### 4. Things I Want to Create or Share

 A letter I want to write to: \_\_\_\_\_

 A story I'd like to tell about: \_\_\_\_\_

 A memory I'd like to preserve: \_\_\_\_\_

### 5. Small Joys I Want to Embrace More Often

*(Think: nature, food, music, ritual, calm.)*

- ☐ A morning walk in my neighbourhood
- ☐ Watching the stars without rushing
- ☐ Listening to my favourite old songs
- ☐ Sitting by the river in silence
- ☐ Other: \_\_\_\_\_



## 6. If I Had One Month Left, I Would...

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**Reminder:** You don't need to be dying to start living more meaningfully.  
Make space for these things now — little by little, one breath, one step, one sky at a time.