

THE F*CK-IT LIST



100 THINGS TO DO IN MIDLIFE

Instead of Waiting for Someday. ♡



REDISCOVER HER ♡

Welcome beautiful

This is your reminder that
you are allowed to choose you.
To do the things that light
you up, scare you a little,
make you laugh out loud,
or set your soul on fire.

**Life is too short to wait
for someday!**

This is YOUR list.
Your rules. Your time.

*f*ck it, why not?*



HOW TO USE YOUR F*CK-IT LIST



There are 100 ideas waiting for you inside.

You don't have to do them all.
You don't have to do them in order.
You definitely don't need
anyone's permission

*Use the little markers beside
each idea to track your journey*



WANT TO

Yep, this one's going
on the list



DID IT

Look at you actually
doing the damn thing



LOVED IT

Worth doing again,
(and again)



PICK WHAT LIGHTS YOU UP

- Do one next weekend.
- Plan one next month.
- Send one to your best friend.
- Save one that feels impossible right now.
- Skip anything that isn't you.

This isn't about completing 100 things...

It's about doing more of the things
that make you feel alive.



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01

F*CK IT, I'M DOING IT

WANT
ITDID
ITLOVED
IT

- 01 Book the thing you've been saying you'll do "one day."
- 02 Wear the outfit you've been saving for a special occasion... on a completely ordinary day.
- 03 Learn something you've always secretly wanted to know how to do.
- 04 Change something about your hair simply because you want to.
- 05 Buy yourself (or pick some) flowers instead of waiting for someone else to.
- 06 Go to the concert even if you feel "too old" to be there. (You're not.)
- 07 Say yes to something you'd normally talk yourself out of.
- 08 Say NO without writing a three paragraph explanation afterwards.
- 09 Finally use the expensive perfume, candles, champagne.. whatever you've been "saving."
- 10 Do one thing you've been putting off because you're worried what other people will think.

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02

JUST FOR THE
HELL OF ITWANT
ITDID
ITLOVED
IT

- | | | | | |
|----|--|-----------------------|-----------------------|-----------------------|
| 11 | Sing karaoke - badly and enthusiastically. | ☐ | ☐ | ☐ |
| 12 | Dance somewhere you're technically not supposed to be dancing. | ☐ | ☐ | ☐ |
| 13 | Have dessert for dinner. | ☐ | ☐ | ☐ |
| 14 | Get dressed up ridiculously well for somewhere completely ordinary. | ☐ | ☐ | ☐ |
| 15 | Jump in the ocean fully clothed. | ☐ | ☐ | ☐ |
| 16 | Go on a spontaneous road trip with no carefully planned itinerary. | ☐ | ☐ | ☐ |
| 17 | Recreate a photo from 20+ years ago. | ☐ | ☐ | ☐ |
| 18 | Try something you're going to be terrible at - just because it looks fun. | ☐ | ☐ | ☐ |
| 19 | Make a playlist of songs that instantly turn you back into your 20-year-old self... and play it LOUD | ☐ | ☐ | ☐ |
| 20 | Have one completely irresponsible afternoon where absolutely nothing productive gets accomplished. | ☐ | ☐ | ☐ |





TAKE THE DAMN TRIP



WANT
IT



DID
IT



LOVED
IT

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|----|---|-----------------------|-----------------------|-----------------------|
| 21 | Book a weekend away somewhere you've never been. | ☐ | ☐ | ☐ |
| 22 | Watch the sunrise somewhere beautiful. | ☐ | ☐ | ☐ |
| 23 | Spend a night somewhere luxurious just because you can. | ☐ | ☐ | ☐ |
| 24 | Visit somewhere you've dreamed about since you were young. | ☐ | ☐ | ☐ |
| 25 | Take a girls' day trip. | ☐ | ☐ | ☐ |
| 26 | Travel specifically for something you desperately want to experience. | ☐ | ☐ | ☐ |
| 27 | Eat something you can't pronounce from a country you've never visited. | ☐ | ☐ | ☐ |
| 28 | Take a road trip with your favourite person, even just for the day. | ☐ | ☐ | ☐ |
| 29 | Go somewhere that makes you feel incredibly small - mountains, desert, ocean, wherever that is for you. | ☐ | ☐ | ☐ |
| 30 | Take the trip you've been waiting for "the right time" to take. | ☐ | ☐ | ☐ |



04

DO IT SCARED



WANT
IT



DID
IT



LOVED
IT

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|-----------|--|-----------------------|-----------------------|-----------------------|
| 31 | Go somewhere alone you'd normally want company for. | ☐ | ☐ | ☐ |
| 32 | Speak up when you'd normally stay quiet. | ☐ | ☐ | ☐ |
| 33 | Apply for something you're not 100% sure you're qualified for. | ☐ | ☐ | ☐ |
| 34 | Post the photo of yourself you love without picking your body apart first. | ☐ | ☐ | ☐ |
| 35 | Try something that makes your heart race a little. | ☐ | ☐ | ☐ |
| 36 | Tell someone how you really feel about them. | ☐ | ☐ | ☐ |
| 37 | Walk away from something you've clearly outgrown. | ☐ | ☐ | ☐ |
| 38 | Ask for what you actually want instead of hoping someone figures it out. | ☐ | ☐ | ☐ |
| 39 | Do something your younger self would be bloody proud of. | ☐ | ☐ | ☐ |
| 40 | Start the thing you've been researching for six months instead of doing. | ☐ | ☐ | ☐ |



05

TAKE YOURSELF
ON A DATEWANT
ITDID
ITLOVED
IT

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|-----------|--|-----------------------|-----------------------|-----------------------|
| 41 | Take yourself out for coffee -
phone away, people-watch instead. | ☐ | ☐ | ☐ |
| 42 | Go to the movies alone and
order exactly what you want. | ☐ | ☐ | ☐ |
| 43 | Wander around a bookstore and
buy the book <i>you</i> want to read. | ☐ | ☐ | ☐ |
| 44 | Take yourself somewhere beautiful
just to watch the sunset. | ☐ | ☐ | ☐ |
| 45 | Book yourself a massage, facial or
treatment without needing a reason. | ☐ | ☐ | ☐ |
| 46 | Spend a few hours exploring your
own city like you're a tourist. | ☐ | ☐ | ☐ |
| 47 | Go to a gallery, market, exhibition or
museum completely at your own pace. | ☐ | ☐ | ☐ |
| 48 | Sit somewhere beautiful with a coffee
and ask yourself:
"What do I actually want?" | ☐ | ☐ | ☐ |
| 49 | Spend an entire day doing only
things you enjoy. | ☐ | ☐ | ☐ |
| 50 | Buy yourself something you've always
waited for someone else to buy you. | ☐ | ☐ | ☐ |



06

CALL THE GIRLS



WANT
IT



DID
IT



LOVED
IT

51 Send the “we keep saying we need to catch up — pick a bloody date” text.

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52 Book a girls' weekend somewhere none of you have been before.

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53 Get dressed up and go somewhere far too fancy for an ordinary Saturday.

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54 Recreate the kind of night out you used to have in your 20s.

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55 Have a sleepover. Yes, at your age. Snacks, pyjamas, gossip, the lot.

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56 Take a road trip with a playlist made from songs you used to scream-sing.

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57 Book the concert, comedy show, high tea, winery day or random event you keep tagging each other in.

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58 Tell one of your girlfriends exactly what she's meant to you through the messy bits of life.

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59 Take more photos together — and for f*ck's sake, get in them.

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60 Start a ridiculous tradition you fully intend to still be doing together when you're 70.

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07

TURN THE SPARK
BACK ONWANT
ITDID
ITLOVED
IT

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|-----------|---|-----------------------|-----------------------|-----------------------|
| 61 | Wear something that makes you feel sexy - even if nobody else is going to see it. | ☐ | ☐ | ☐ |
| 62 | Buy the underwear you usually talk yourself out of. | ☐ | ☐ | ☐ |
| 63 | If you have a partner, plan an actual date - not errands followed by dinner because you're already out. | ☐ | ☐ | ☐ |
| 64 | Flirt. With your partner, someone cute, or just with life a little. | ☐ | ☐ | ☐ |
| 65 | Kiss someone like you've got nowhere else to be. | ☐ | ☐ | ☐ |
| 66 | Say what you actually want more of — in and out of the bedroom. | ☐ | ☐ | ☐ |
| 67 | Book a night away where nobody has to cook, clean, or remember what's in the fridge. | ☐ | ☐ | ☐ |
| 68 | Do something that makes you feel <i>hot as f*ck</i> . | ☐ | ☐ | ☐ |
| 69 | Bring back something you used to love before life became schedules and responsibilities. | ☐ | ☐ | ☐ |
| 70 | Stop acting like wanting passion, intimacy, affection or excitement has an expiry date. | ☐ | ☐ | ☐ |



08

BE A LITTLE SELFISH



WANT
IT



DID
IT



LOVED
IT

71 Say NO to something you don't want to do — and don't invent an excuse.

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72 Have a day where nobody gets anything from you unless you want to give it.

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73 Stop answering every message the second it arrives.

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74 Let someone else organise dinner. And don't "help" them organise it.

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75 Ask for help before you're at breaking point.

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76 Protect one hour every week that belongs entirely to you.

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77 Stop doing one thing you've always done simply because it's expected of you.

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78 Spend money on something for you without mentally calculating what everyone else could have had instead.

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79 Leave something until tomorrow and don't feel guilty about it.

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☐

80 Choose yourself in one situation where you'd normally automatically put yourself last.

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09

REMEMBER WHO YOU WERE



WANT
IT



DID
IT



LOVED
IT

- | | | | | |
|-----------|--|-----------------------|-----------------------|-----------------------|
| 81 | Make a list of 10 things you loved before life got so bloody busy. | ☐ | ☐ | ☐ |
| 82 | Play the songs that instantly transport you back to another version of yourself. | ☐ | ☐ | ☐ |
| 83 | Look through old photos and remember what used to light you up. | ☐ | ☐ | ☐ |
| 84 | Bring back one hobby you quietly stopped making time for. | ☐ | ☐ | ☐ |
| 85 | Revisit somewhere that holds a really happy memory. | ☐ | ☐ | ☐ |
| 86 | Write down five things you dreamed of doing before life got so busy. | ☐ | ☐ | ☐ |
| 87 | Ask yourself: "What did I stop doing because everyone else needed me?" | ☐ | ☐ | ☐ |
| 88 | Wear, eat, watch or do something you loved when you were younger purely for the nostalgia. | ☐ | ☐ | ☐ |
| 89 | Bring one forgotten part of yourself back into your life. | ☐ | ☐ | ☐ |
| 90 | Do something your younger self always hoped you'd get to do one day. | ☐ | ☐ | ☐ |



10

MAKE THE NEXT
CHAPTER COUNTWANT
ITDID
ITLOVED
IT

- | | | | | |
|------------|---|-----------------------|-----------------------|-----------------------|
| 91 | Write down what you want the next 10 years of your life to <i>feel like</i> | ☐ | ☐ | ☐ |
| 92 | Make a list of five things you're officially too old to give a f*ck about. | ☐ | ☐ | ☐ |
| 93 | Make one plan that gives you something to be ridiculously excited about. | ☐ | ☐ | ☐ |
| 94 | Tell someone you love them while you still have the chance. | ☐ | ☐ | ☐ |
| 95 | Remove one thing from your life that consistently drains more from you than it gives. | ☐ | ☐ | ☐ |
| 96 | Start the thing you've been saying you'll start "when life settles down." | ☐ | ☐ | ☐ |
| 97 | Spend money on an experience you'll remember instead of more shit you don't need. | ☐ | ☐ | ☐ |
| 98 | Make one decision your future self will be ridiculously grateful you made. | ☐ | ☐ | ☐ |
| 99 | Pick ONE thing from this entire F*ck-It List and put an actual date beside it. | ☐ | ☐ | ☐ |
| 100 | Do the thing you keep thinking about while reading this list. | ☐ | ☐ | ☐ |



Well...

WHAT ARE YOU WAITING FOR?



You don't need to reinvent your whole life.
You don't need to have it all figured out.

Just choose one thing.
Book it. Plan it. Wear it. Say it. Start it.

*Because someday isn't a date
on the calendar.*



NOW GO LIVE A LITTLE.





PERSONAL F*CK-IT LIST

BECAUSE THIS LIST IS ALSO ABOUT YOU.



Use this space to add your own ideas, dreams, little adventures
and big f*ck-its. There are no rules — just you.

Make it happen. ♥



WANT
IT



DID
IT



LOVED
IT

1		☐	☐	☐
2		☐	☐	☐
3		☐	☐	☐
4		☐	☐	☐
5		☐	☐	☐
6		☐	☐	☐
7		☐	☐	☐
8		☐	☐	☐
9		☐	☐	☐
10		☐	☐	☐

SAME WOMAN. BRIGHTER CHAPTERS. ♥

DON'T WAIT FOR SOMEDAY.

You've spent enough of your life
doing what needs to be done.

Now make some room for what
you actually want.

*Go make the next chapter
a bloody good one.*



With love,

Kelly x



REDISCOVER HER 

Ready to rediscover more of you?

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making your next chapter one you actually want to live.

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SAME WOMAN. BRIGHTER CHAPTERS.

