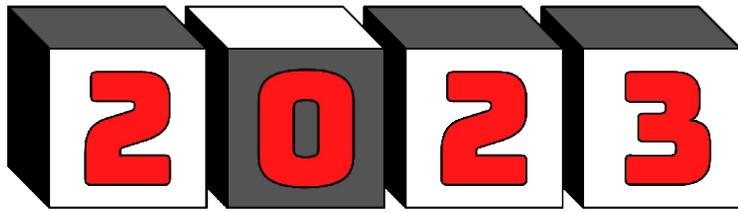


# Setting goals for the new year

Dive into EHS' student and staff bucket lists for 2023

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## Bucket List

Starting a new year can be daunting for many. For some, it can be refreshing to have a chance to start over. However, for others, a new year can be very stressful. Whatever the case may be, having a list of achievable goals is something that can help guide the year.

Listing the things you want to accomplish throughout the year can relieve stress. By creating a bucket list, you are creating a map. Having a sense of direction can push you to work hard to achieve your goals.

A bucket list is a list of goals one may wish to accomplish in a set amount of time. These can be in the form of activities, trying new things, trying old things again, completing challenges, and everything in between. For the 2023 year, EHS staff and students have provided 23 different bucket list items for inspiration.

1. "I want to go to Vegas again!" -Katie Hill (25).

2. "I want to go cliff jumping in Hawaii"  
-Kallie Salberg (24).

3. "Stay focused on my goals in and out of school so I can set myself up to have a good future"  
-Grant Weaber (24).



4. "This year I just want to finish building my car, I have an 89 Honda Prelude Si" -Ethyn Preston (23).

5. "Make this year my year, by doing things outside of my comfort zone!" -Pamela Holguin (24).

6. "Travel to Florida" -Aya Kinoshita (26).

7. Go skydiving -Garrett Garrison (24).

8. Release another album  
-Dylan Queen (24).

9. "I want to run 100 miles this year"  
-Tyanne Bartel (24).

10. "Hit a tre flip on my skateboard"  
-Jacob Benavides (24).

11. Speed training and find gym inspiration -Ayla Ritchey (24).

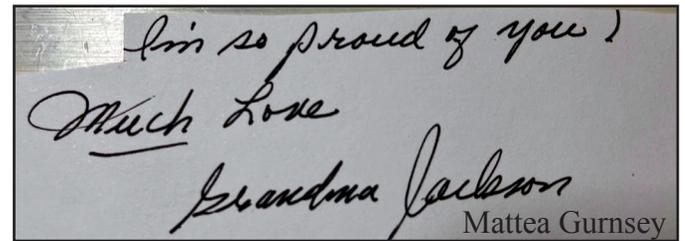
12. "Finish my CNA class!"  
-Charlotte Spaid (24).

13. "I want to go to a slam poetry club"  
-Paige Davis (24).

14. Swim with sharks -Sophie Morgan (25).

15. "I want to make it to state for both wrestling and rugby"  
-Shelby Pribelsky (23).

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**I want to crash a wedding!**  
-Stephanie Kirchoff  
21

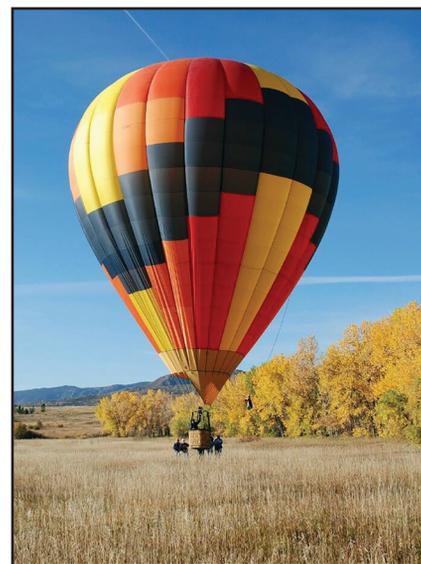


16. "I want to get a tattoo!" -Mattea Gurnsey (24)

17. "I really want to go to Country Jam and watch Ian Munsick!" -Jaeli Lewis (23).

18. "Get through the rest of the school year and maintain my GPA" -Tayla Wiedeman (24).

19. "I want to go hiking and camping in the mountains with my dad!" -Sadie Ross (24).



20. Ride in a hot air balloon -Emily Maske (23).

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**Fundraise money as a team to buy new equipment.**  
-Christopher Love  
22

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**Use gift cards that I have collected over the past few years.**  
-Abigail Duncan  
23

New Years can be challenging, but having items to look forward to completing may relieve some anxiety. With this list of staff and student bucket list items for 2023, hopefully you can find some inspiration for your bucket list going into the new year.