

No one thing that scares you every day

1. Talk to someone new at school
2. Try a new sport
3. Learn to cook
4. Try a new vegetable
5. Say hello to strangers
6. Compliment a stranger
7. Say sorry to someone
8. Join a band
9. Try a new meal
10. Climb a mountain (or a big hill)
11. Ring an old friend you haven't seen for a while
12. Join a class - sewing, Zumba, pottery, dance...
13. Wear some crazy socks
14. Wear your hair differently
15. Tell someone you like them
16. Tell the truth (kindly)
17. Get something other than McDonalds next time you get takeout.
18. Try different pizza toppings
19. Sing out loud
20. Speak up for something you're passionate about
21. Offer to go first in class presentations
22. Leave your phone at home
23. Take a break from social media for a day, week or month
24. Go for a run
25. Ask for help if you need it
26. Tell someone your dreams and goals
27. Tell someone your fears and insecurities
28. Volunteer
29. Get to know your neighbours
30. Dance like no one is watching

