

Go for a short hike.

Take a photo of something new.

Buy a homeless person lunch.

Try a food you didn't like as a kid.

Do something you are not good at.

Do one more pull up than you think you can.

Bike somewhere instead of driving.

Cook something you've never made before.

Go out of your way to do an act of kindness.

Write a short poem about your day.

Read an article from a point of view that is different from your own.

Walk to a place you usually drive to

Have a picnic.

Write in a journal.

Try a new exercise class.

Pick a physical challenge. Train for it!

Draw a self portrait

Take an painting class or sculpture class.

Swim 1 more lap than you think you can.

Listen to someone you find boring. Really listen.

Go to a concert in a park.

Choose your own adventure.

Read a book you don't think you'll like.

Do your hair completely differently.

Send a card to someone who needs a friend.

Say yes to fun.

Try a new radio station for a whole day.

Leave your phone at home.

Go for a long hike.

Take a music lesson, even if it's on YouTube.

30 Days of Adventure
www.birdandivy.com