



Solo Challenge

B	I	N	G	O
		FREE SPACE		

Directions: Fill in the spots with activities below and challenge yourself to something alone.

New book	Explore your city	Plan solo travel (prioritize safety)
Spa day (at home or spa)	Gardening	Writing (journal, poetry, story)
Physical challenge (Tough Mudder, Spartan)	Local thrift stores	Learn an instrument
Watch a sunrise	Catch a sunset	Live arts (play, improv, poetry, symphony)
Upcycle a t-shirt	Farmer's market	100 Happy Days challenge
Explore a trail	Cook a new recipe	Photography or professional photos
Bike adventure	Picnic in a park	New class (fitness, cooking, art, etc)
Create (pottery, candles, jewelry, etc.)	Paint or sketch	Kayak or paddleboard (prioritize safety)
Coffee + read (phone on DND)	Vision board	Solo beach day
Get certified in an interest	See a movie alone	Explore neighboring city
Volunteer	Start a puzzle	Rearrange your space
Learn a new language	Try a DIY project	Enter your own in any space