

TRY SOMETHING NEW Challenge

At times, we can find ourselves in a rut! Doing the same thing over and over without excitement. This challenge is to inspire and push you out of your comfort zone! The objective is to try an activity and discover something new about yourself - If you like it or not. You won't know unless you try, right?

Disclaimer: The new activity or activities must be legal!

You're WORTH It!

Here are a few examples:



Try a new drink at Starbucks



Try a new lip color



Try a new recipe



Try driving the scenic route to work
(As long as it's safe)



Try making a new dessert



Try drinking a gallon of water a day



Try a new nail color



Try reading a different book genre



Try a new hairstyle



Try listening to a different genre of music
(i.e. classical)