

30 Day Challenge Ideas

Do this for 30 days:

1. Try a new food each day
2. Advertising for our business
3. Give out smiles or hugs
4. Draw something every day (learn to do something better each time)
5. Practice your instrument at least 30 minutes each day
6. Play a new game
7. Read a book of scripture all the way through
8. Meditate (ponder) 10 minutes a day
9. Write 1 thing I am thankful for each day
10. Write a 50,000 word novel <http://nanowrimo.org/> (Do this in November. Get encouragement, progress tracking, awards and ideas from this site.)
11. Rising early
12. No treats
13. Movie a day
14. Read aloud to family
15. Listen to classical music 30 minutes
16. Read _____ (Fill in the blank with a classic...ie Dickens, Austen, Bronte, Carroll, Shakespeare, Twain, Stevenson, Dumas, Kipling, etc.)
17. 10,000 steps a day (or 12,000, or whatever)
18. Sending a nice note to someone (mail, email, fb, etc.)
19. Watch a sunrise or sunset (can't be doing anything else at the time as well)
20. Take a picture a day of anything
 - a. Have someone take a picture of you each day
 - b. Of an activity that you did that day
 - c. Of something hard to identify (eyeball benders!)
 - d. Other
21. Smoothie a day
22. Listen to a book of scripture
23. One good deed
24. Dance to 1 song
25. Eat 4-5 vegetables a day
26. Sell a product (or service)
27. Brush teeth left handed
28. Learn something about a different country (spend 10-15 minutes each day)
29. Bring a positive quote with you to dinner or other family time
30. Find and tell a joke
31. Read your mission statement out loud every day

32. Clean bedroom daily
33. Compliment a day (via text, email, instant message, in person, etc.)
34. A different exercise each day
35. A new recipe a day
36. 30 days without cold cereal
37. Watch a documentary a day
38. Listen/read/watch something inspirational
39. Scripture study
40. Journal writing
41. Draw a picture
42. Photo of self with different book in different location each day
43. 30 different hairstyles
44. Wake up early
45. Build something with legos, keva planks, Lincoln logs, tinker toys...etc.
46. Take a free course <http://is.byu.edu/site/courses/free.cfm> Work on it daily
47. <http://ukuleleunderground.com/> Do a ukulele lesson a day
48. Work on writing some music every day
49. 30 days of 15 (or more) minute games