30 days to a new life

It's a simple idea: Choose something you've never done before, and spend the next 30 days doing it. It can be something ordinary like walking more, or changing your diet – or something that really takes you [ ] your comfort zone, such as mountain climbing, writing a story or getting up before sunrise every day.

It's all about changing old habits into new ones, [ ] your fears and moving your life in a healthier and more interesting direction. So go [ ], pick one of the ideas from my list or one of your own, and get started. Today. Let me know how you get [ ].

Easy

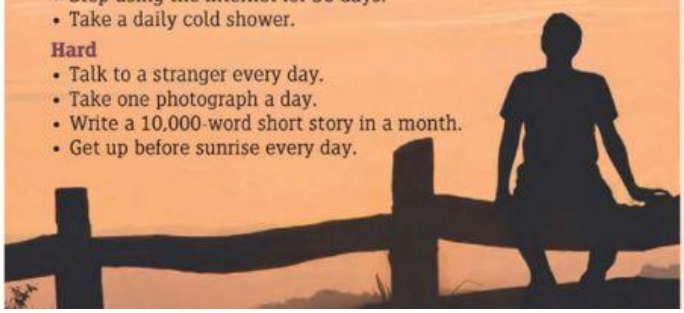
- Take a 30-minute walk each day.
- Keep a daily journal.
- Take a new route to work/school every day.
- Meditate for 30 minutes each day.

Intermediate

- Try a new recipe each day.
- Learn how to draw a human face.
- Stop using the internet for 30 days.
- Take a daily cold shower.

Hard

- Talk to a stranger every day.
- Take one photograph a day.
- Write a 10,000-word short story in a month.
- Get up before sunrise every day.



Comments

Jasmine21: I've just finished my first challenge: no internet for 30 days. At first, I thought it would be impossible, but I noticed after five or six days that I felt much more relaxed. For one thing, I had more time on my [ ]... but more importantly, I began to pay attention to things around me more, especially the people. I realised that I often used things like social networking to avoid the outside world.

TallThinGuy: Talking to strangers is relatively easy for me because I do it all the time in my job. So I tried something a bit different – talking to a friend every day, a different friend every day. I wasn't sure I had 30 friends altogether, so after going [ ] the obvious people – the ones I'm in [ ] with and socialise with now – I started digging [ ] my past, going back to friends I'd lost touch [ ] from university, then high school, then primary school. Since then I've made much more of an effort to stay in touch with a few really precious friends.

Chiek: I started doing this half a year ago and in the last six months I've learnt how to sail, I've taken art lessons, and become a member of an online book club. For me, the best experience has been meditation. I've done yoga for years, but I've never really tried meditation before. It's not just that I feel calmer and don't get so stressed, I also find I can focus on tasks more clearly and I sleep better. So that one's something I'm [ ] to carry on doing.

LIVEWORKSHEETS