

## 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

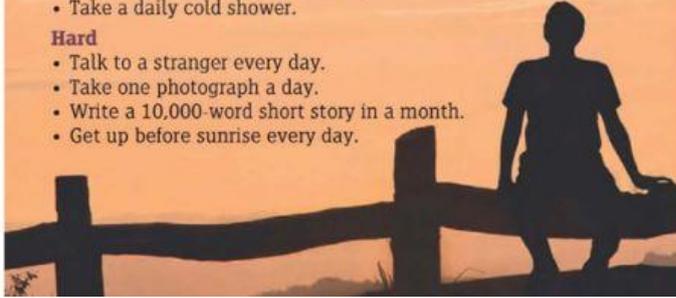
- Take a 30-minute walk each day.
- Keep a daily journal.
- Take a new route to work/school every day.
- Meditate for 30 minutes each day.

### 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 do again.