Challenges to Change Your Life

Many people have a list of the things they want to do with their lives. Some lists are vague mental ideas, and other lists are specific and enumerated. Either way, taking the time to write down your goals can be a great first step to making them a reality. Use this summer where you may not get to do the things you usually do and think about what you want to accomplish or experience in life. Journal over the summer about the activities you have completed from your list.

What you need (it’s easy!)
- paper, notebook or journal
- pencil

Fill your pages with your challenges. Here are some examples to get you started:

- Read for an hour each day
- Call an old friend or two . . . or more
- Write a letter to a family member
- Give up TV or social media for a week
- Introduce yourself to a new person each day
- Laugh until you cry
- Go to a local art or historical museum (with proper social distancing or virtually)
- Memorize a poem and share it with someone
- Visit a relative’s grave
- Learn to cook one good meal
- Kayak

Dream big and go for it!