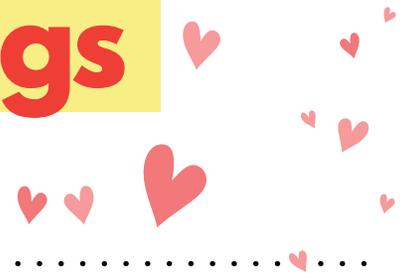


Trying New Things

this February

Ordinary & Happy



S	M	T	W	T	F	S
1 Change your screen backgrounds to different photos.	2 Rather than 'how was your weekend', ask someone a different question.	3 Listen to a song from a new-to-you genre of music.	4 Go into a store you've never been in before.	5 Take a photo with an app, filter, or setting you've never used before.	6 Try a new warm drink at a coffee shop.	7 Play an indoor sport you've never tried.
8 Host a football watch party (or a movie night).	9 Have a 'what I learned today' conversation at the dinner table.	10 For 10 minutes, look at anything else in your house instead of a screen.	11 Choose a place and figure out how you would get there without driving.	12 Watch a movie in a different language.	13 Write and send a postcard to a friend who lives in another city or country.	14 Say 'I love you' in a different language.
15 Rearrange the living room to make it cozier.	16 Take a different route to work or when running errands.	17 Change one thing about your morning routine.	18 Go for a winter walk on a new route.	19 Sing a song in the shower you wouldn't usually sing.	20 Go to a new meetup in your local area.	21 Write down activities you don't think you're 'good' at and try one.
22 See your town or city from a new viewpoint.	23 Try a new fruit or vegetable.	24 Get an inspiring piece of art for your living room.	25 Draw something with your non-dominant hand.	26 Change something in your bedroom to reflect the new season.	27 Try a new craft tutorial.	28 Plan a spring or summer weekend road trip to a new place.