

7 Days of **Trying New Things**

for **February 22nd-28th**

Ordinary & Happy

SUN	2 2	See your town or city from a new viewpoint. You could try a rooftop restaurant, a hill with a scenic view, or an observation deck.	<input type="checkbox"/>
MON	2 3	Try a new fruit or vegetable. Go to the store or a local food market and buy one unfamiliar fruit or vegetable. If you can't find one, you could try a new recipe for a seasonal fruit or vegetable that you do love.	<input type="checkbox"/>
TUE	2 4	Get an inspiring piece of art for your living room. You could print and frame a photo you took of a place you love or of a happy moment with friends or family. Or you could pick up a piece from an artist you like.	<input type="checkbox"/>
WED	2 5	Draw something with your non-dominant hand. You can keep it simple and set a 10-minute timer. Some simple things you could try drawing include flowers, clouds, fruit, plants, or objects on your desk.	<input type="checkbox"/>
THU	2 6	Change something in your bedroom to reflect the new season. You could change the bedding or cushions to seasonally-inspired ones. You could add plants and flowers in the bedroom. You could also rearrange the bedroom layout for a simple change.	<input type="checkbox"/>
FRI	2 7	Try a new craft tutorial. It doesn't have to be complicated. You can pick something easy like painting a plant pot or making a bookmark.	<input type="checkbox"/>
SAT	2 8	Plan a spring or summer weekend road trip to a new place. You can pick a place close to you that you've always wanted to visit. You could theme the trip around something you love (e.g., bookshops, scenic views, coffee shops).	<input type="checkbox"/>