

# One Month of Trying Something New *this* March

S	M	T	W	T	F	S
1 Explore a street you've never walked before.	2 Try a new stretching exercise.	3 Visit a museum or art gallery you've not been to before.	4 Try a new coffee shop.	5 Try a new spring salad recipe.	6 Try some seasonal produce you normally don't get.	7 Go for a short scenic drive somewhere new.
8 Learn how to use one spice you normally don't use.	9 Follow a 5-minute drawing tutorial.	10 Rearrange your desk.	11 Go for a solo lunch somewhere new.	12 Listen to a new song release.	13 Learn one new word from another language.	14 Visit a local park or outdoor space you haven't been to before.
15 Go to a new farmers' market or street food market.	16 Get a different pasta shape you haven't tried before.	17 Learn an architecture term.	18 Watch the sunset from a new viewpoint.	19 Try a new coffee syrup flavor or tea.	20 Watch a new movie.	21 Rearrange your living room.
22 Try a new hobby class (e.g., pottery, rose pruning, mosaic).	23 Try to solve a Rubik's Cube.	24 Try a bread type you haven't had before (e.g., soda bread).	25 Take a photo of something new and interesting you see today.	26 Get a new puzzle to work on.	27 Try a new flavor of chocolate.	28 Rearrange your bedroom.
29 Try a new ice cream flavor.	30 Start reading a new book.	31 Try a new morning routine.	1	2	3	4

