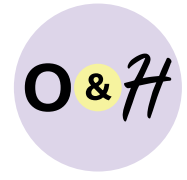


One Month of **Trying** New Things *this* August

	S	M	T	W	T	F	S
2 L A S T S	30 Write a short story about your summer.	31 Cook an easy recipe you've not tried before.	28  Ordinary & Happy	29 	30	31 	1 Watch a tutorial on a topic you don't know much about.
	2 Try a new hobby.	3 Try a fruit you've not tried before.	4 Try a new flavor of coffee or tea.	5 Draw with your non- dominant hand.	6 Listen to music from a genre you don't normally listen to.	7 Try a new restaurant for lunch or dinner.	8 Try cooking with a spice you haven't tried before.
	9 Read the news from a source you normally don't use.	10 Watch a TED talk on an interesting topic.	11 Try a new workout class.	12 Watch an episode of a new TV show.	13 Listen to a new podcast.	14 Try a different cuisine (either at home or at a restau- rant).	15 Rearrange furniture/ things in your bedroom.
	16 Try on a new outfit at the store.	17 Try a snack you've not had before.	18 Try a new hairstyle.	19 Learn to say 'hello' in another language.	20 Take a different route to work or on your daily walk.	21 Try a new smoothie or juice recipe.	22 Check one thing off your bucket list.
	23 Visit a nearby park or lake you haven't been to before.	24 Watch a new movie release.	25 Try a new craft/DIY project.	26 Write a simple four-line poem.	27 Attend a local festival or fair you haven't been to before.	28 Take an online class on a topic you know little about.	29 Try a vegetable you haven't had before.