

A Month of 'Trying New Things' this October

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 Wake up to a new morning song.	2 Go to a movie theater you haven't been to before.	3 Cook a Greek dinner recipe like pastitsio or moussaka.
4 Visit a scenic place nearby you haven't been to before.	5 Read an article from a news site you generally don't read.	6 Take a new route home after work.	7 Sign up for a dance class or try a simple dance routine at home.	8 Work on a new crossword today.	9 Try a new place for lunch today (or pack a new lunch recipe).	10 Cook an Italian recipe like saltimbocca or gnocchi.
11 Try a new hobby today (like tennis, embroidery, painting).	12 Take a photo of something you've just noticed that inspired you.	13 Pick up a new ingredient at the grocery store.	14 Write a short poem about fall.	15 Take a class on an interesting hobby (pottery, calligraphy, tango).	16 Start a scrapbook.	17 Try a new Mediterranean recipe.
18 Go on a day trip somewhere you've not been before.	19 Watch an episode of a TV show from a genre you normally wouldn't.	20 Go on a scenic walk somewhere new.	21 Learn a new word today.	22 Visit a local museum you haven't been to before.	23 Try a new board game for game night with friends/family.	24 Try a new sport (fencing, squash, rock climbing).
25 Act like a tourist in your town/city today and explore new places.	26 Teach yourself a simple DIY skill (like sewing a button).	27 Work on a simple DIY house project (like creating a gallery wall).	28 Try a new restaurant for dinner or lunch.	29 Go for a scenic drive somewhere new.	30 Try a new coffee shop or new coffee beans or coffee syrup at home.	31 Wear a new & interesting Halloween costume today.