


25 New Things To Try




↳ First Choice

↳ Date Started


↳ Goal Days/Week?

- 1** **Make a Pyrographic Picture** 


Pyrography involves making pictures on wood or other materials with burning tools. Learn more here <http://bit.ly/pyro111>

- 2** **Experiment with Calligraphy** 


Calligraphy may be something you haven't tried before, but did you know you can learn beautiful calligraphy in other languages? Learn some Shodo techniques (Japanese calligraphy) [<http://bit.ly/shodo1>] or some beautiful Arabic calligraphy [<http://bit.ly/arabiccalligraphy>]

- 3** **Make a Cryptex** 


Makes an awesome gift and an interesting conversation starter! <http://bit.ly/cryptex1> Or, you can just find some other kind of puzzle box to craft.

- 4** **Create a Travel List** 

Make a list of 10 places you want to travel to in the next 10 years (1 per year). Research them in detail. Read about travel hacking (<http://bit.ly/travelhack103>), and then make a plan to make it happen. Write how much money you'll need, divide the amount by 12, and make a list of how you can earn (and save) that much extra money every month for the next year. Sell some stuff? Drive for lyft in your free time? Start a fiverr gig? The possibilities are endless.

- 5** **Find Someone to Help** 

Call a church, school, or nonprofit nearby to find someone who could use a trip to the park or a bag of groceries. Reach out and do something nice for a stranger. You get to think about someone other than yourself and meet new people, and when you go to bed at night, I bet you'll feel great.

- 6** **Learn to make an exotic, ethnic dish** 

Most people eat the same 10-12 meals repeatedly, so take a couple hours to investigate some new, exotic foods that you can make at home. Choose ones with hard-to-find ingredients (e.g., Syrian Baba Ghanoush requires pomegranate molasses, Japanese Zaru Soba requires buckwheat noodles, and Paraguayan tortillas require mandioca flour). You can order any exotic ingredient you need online.

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| 7 | Improve Your Creative-Thinking Skills
Life becomes more fun when you take time to improve your creative thinking skills. Here are some exercises and games to get you started: http://bit.ly/creativegames | |
| 8 | Have Some Foreign-Language Fun
Learning a new language can be difficult and time-consuming, but you can still have some foreign language fun. Make a list of how to say "Fuck you" in 20 different languages, for example. Or, pick one language you find interesting and learn 10 interesting or off-the-wall phrases in that language. You can even start learning a new language. Sign up with a language exchange partner online. (Google it, but italki.com is one such place). | |
| 9 | Gather Some Friends and Make Henna Tattoos
Buy some pure henna powder, mix with tea, lemon juice, and essential oil and make some beautiful body art. Here's a recipe: http://bit.ly/hennarecipe and here are some design ideas: http://bit.ly/hennadesigns1 | |
| 10 | Research All Those Odd Questions
For a week, carry a notebook with you (or use a voice recorder on your phone) and make a point to note every odd question that pops into your head. At the end of the week, take a few hours and research the answers. For instance, just this morning, I wondered "Can caterpillars hear?" but the question came and went within seconds. We often think of random questions throughout the day, but we forget about them as soon as they come. | |
| 11 | Draw Something
If you're like most, you haven't drawn a picture since grade school. Find a tutorial online, pick something interesting, then sit down and see how well you do. dragoart.com is one of many sites that offer quick and easy drawing tutorials. | |
| 12 | Make a Video Creation
You might watch YouTube videos quite often, but have you ever tried to craft a video? I'm not talking about just the basic "hit record" on your phone. Try creating a video complete with actors, staging, fade-ins and fade-outs, special effects, text, etc. Maybe try some kinetic typography. Free or low-cost video editing programs do exist. When you finish, upload it to YouTube or share with your friends. | |

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13

Study People

We see people everywhere, everyday, but how many do you really notice? Go to a public place with the intention of "people watching". When you watch, notice the fine details you usually don't pay attention to. Make up stories in your mind, like "That person is probably a professor with 2 chihuahuas at home...".



14

Learn Persuasion Principles

Marketers constantly bombard you with ads based on the scientific principles of persuasion. Want to be more effective in life? Study influence and persuasion. Take note of how you've been tricked into buying or doing something and learn how you can use these principles to get others to do what you want.



15

Make a Professional Email Signature

You probably send emails every day, so try your hand at making a professional email signature and add some humor or business-like info at the bottom of every email you send. Here's a tutorial: <http://bit.ly/myemailsignature>



16

Learn Some Self-Defense Techniques

You never know when you might need to defend yourself or loved ones. Online classes are available at <http://bit.ly/fightingsystems> or just look on YouTube. Don't just watch though! Practice!



17

Learn to Take Stunning Photos

Photo filters are great, but nothing beats capturing and immortalizing a scene, person, or moment with an amazing photo. Find some photography tutorials online and start practicing.



18

Take a Random Trip

If you have the cash, let packupgo.com choose a weekend trip to a surprise destination. If not, explore places in your hometown you've never been to or pick a random spot on the map and go spend a day there.



19

Check Out Nature - in Detail

Buy or borrow a pair of binoculars and go seek out all the birds you typically just ignore. Download a bird-identification app and try to identify them. Learn about where they live, what they eat, etc. Don't like birds? Try identifying all the plants near you.



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Give Some Aid to Animals

No one will ever love you more or show more unadulterated love than an abused or lonely animal. Commit to donating 3 hours of your time to play with or help care for the animals at your local humane society, shelter, or animal welfare league.



21

Attend a Meetup

Peruse all available meetups at meetup.com within a 30-miles radius, choose one, and make yourself go to the next meeting. It's more fun if the topic if you pick is typically not something you'd ever opt to do or learn more about.



22

Understand Another's Faith

Religion isn't my thing, and it may not be yours, but the world is full of religious people. Take an hour or two to visit a place of worship or community event from a religion you don't know much about. Visit a mosque, a synagogue, a Wiccan gathering...there are plenty of options.



23

Experience a Sensory Deprivation Chamber

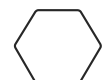
Get in touch with your inner self by experiencing what it's like to lay in a sensory deprivation tank. Lots of famous people swear by the benefits. To learn more and find out where you use one, check out <http://bit.ly/sensorydep>



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Enhance Your Public Speaking Skills

Public speaking skills can get you ahead in life, but they also help boost your self-confidence. Join a local toastmasters club, take an online course, or read some helpful books. And remember, you have to practice your newly-acquired skills!



25

Brush Up on Your Writing Skills

This is similar to public speaking, but how much time have you invested in improving conveying messages or persuading people through the written word? Words are the most powerful weapon you have. With words, you can move the world (think what Hitler did or MLK, Jr.) Check out <http://bit.ly/writepowerfully> for lots of useful articles to improve your ability to move the masses with the power of your written word.

