

30 DAY SEEK DISCOMFORT CHALLENGE

<p>Change your morning routine to kickstart the day differently.</p>	<p>Reach out to someone you've had a disagreement with and start a conversation to mend fences.</p>	<p>Prepare and eat a breakfast entirely composed of foods you've never tried before.</p>	<p>Give genuine compliments to three strangers or acquaintances throughout the day.</p>	<p>Record a short video expressing your thoughts on a topic you're passionate about and share it with a friend or online.</p>
<p>Share a personal story or struggle with someone close to you that you haven't discussed before.</p>	<p>Try a new workout routine or class that you've never attempted before.</p>	<p>Spend the entire day without any technology. Engage in activities like reading, drawing, or walking.</p>	<p>Take a selfie with a stranger.</p>	<p>Share a past failure or mistake with someone and discuss the lessons learned. Celebrate the growth rather than dwelling on the error.</p>
<p>Create a piece of art (drawing, painting, poetry) that reflects your emotions at the moment, even if you don't consider yourself artistic.</p>	<p>Go on a spontaneous day trip to a nearby town or location without any prior planning.</p>	<p>Write and deliver a letter expressing gratitude to someone who has positively impacted your life.</p>	<p>Attend a networking event or reach out to a professional contact you've been hesitant to approach.</p>	<p>Ask a friend or colleague for honest feedback on an aspect of your life or work, and listen without responding immediately.</p>
<p>Limit your possessions to the essentials for a day. Embrace a minimalist lifestyle for 24 hours.</p>	<p>Strike up a conversation with a stranger in a public place. Learn something new about them.</p>	<p>Record yourself dancing in a public space, even if it's just a silly dance. Bonus points if you can get others to join in!</p>	<p>Stand in front of a mirror and give yourself an empowering and motivational pep talk.</p>	<p>Switch roles with a friend or family member for a day. Experience their routine and responsibilities.</p>
<p>Try your luck at the generosity lottery—ask for a complimentary coffee, lunch, or even a stylish piece of clothing!</p>	<p>Spend time in an environment that triggers discomfort for you (e.g., heights, crowded spaces) and reflect on your reactions.</p>	<p>Learn a completely new skill from scratch within a day (e.g., juggling, basic coding, a magic trick).</p>	<p>Plan your day in 15-minute intervals. Stick to the schedule as closely as possible.</p>	<p>Express gratitude to someone you wouldn't typically thank, like a janitor, security guard, or maintenance worker.</p>
<p>Wear a costume or a quirky outfit in public and confidently own your unique style.</p>	<p>Let someone else choose your meals for the day. Whether it's a friend, family member, or a random menu item, embrace the surprise!</p>	<p>Take a camera or your phone and go on a photo walk. Capture interesting scenes, people, or objects. Share your favourite shot, even if it's not perfect.</p>	<p>Keep a discomfort diary throughout the day. Jot down moments that made you uneasy and reflect on why.</p>	<p>Reflect on the changes you've experienced throughout the challenge and pass it on to a friend!</p>