

Here's a few ideas just to get you started. Go beyond what you initially think of scaring you or someone else and dig deep into your heart and truly ask yourself,

“WHAT WOULD I DO IF I WEREN'T AFRAID?”



Physical Health

- omit: sugar, caffeine, alcohol
- go to the gym
- Zumba class
- do yoga
- run a 5k

Emotional Health

- journal gratitudes
- write a lovenote to yourself
- mirror therapy
- release blame
- share an emotional challenge or win with someone

Business

- cold calls
- contact a mentor
- write a business plan
- hire support
- write and submit an article
- shoot and share a video

Organizational

- purge your office
- hire an assistant
- plan out your week
- plan a trip
- donate 10% of your clothing
- schedule a personal trainer

Generational

- reconnect with a relative
- serve someone that is different than you
- donate to a cause
- volunteer at a school or retirement home

Financial

- calculate your debt
- write a budget
- record your spending
- don't spend any \$ for a day

Personal

- face your personal fears: elevator, driving in the city, spiders, heights, water, touch...
- hug 20 people

Service

- volunteer at a homeless shelter
- help a shut-in
- door-bell ditch leaving cash for someone in need
- smile and talk with someone that's lonely





CHICKEN LIST:

A large, rounded rectangular area with horizontal lines, intended for writing a list.

