

✨ Ideas for 100 Day Experiments ✨

*Please think of these as ideas to get your imaginative juices flowing... there is NO end to experiments you could choose

*The goal isn't to choose something impressive. It's to choose something you're genuinely curious about exploring for 100 days.

⚡ Make something

- ❖ Paint every day
- ❖ Write
- ❖ Learn an instrument
- ❖ Make photographs
- ❖ Make something with your hands—different every day!
- ❖ Write one sentence a day
- ❖ Write a poem/haiku every day
- ❖ Write one page of a novel that may or may not ever see the light of day
- ❖ Make a tiny watercolor of your lunch
- ❖ Do the 100 Days of Creative Writing prompts in *The Book of Alchemy*

⚡ Movement

- ❖ Walk outside
- ❖ Move your body
- ❖ Learn one bird call a day

⚡ Practice & experiment

- ❖ Meditate
- ❖ Practice gratitude
- ❖ Practice saying no
- ❖ Call one person each day
- ❖ Learn Spanish
- ❖ Cook a new recipe

⚡ Subtract

- ❖ Reduce/alter/shift time spent watching TV or social media
- ❖ Spend 10 minutes in silence
- ❖ Spend 10 minutes doing absolutely nothing
- ❖ Lie down every day for a five-minute nap

Play

- ❖ Take one ridiculous photo every day
- ❖ Wear something you normally wouldn't wear
- ❖ Notice one beautiful thing every day
- ❖ Follow one moment of curiosity every day
- ❖ Draw something badly every day
- ❖ Ask one genuinely curious question each day
- ❖ Take a different route somewhere each day
- ❖ Make something unnecessary
- ❖ Collect one tiny thing each day (words, sounds, colors, interesting rocks, overheard phrases...)

*Still not sure?

Good. You don't have to be.

You can start with a question instead of a project:

What am I curious about?

What would I like to experience more of?

What would I like to pay more attention to?