

INHERSHOES

- ☐ Explore your hometown like a tourist and strike up a conversation with a local shop owner
- ☐ Create a vision board for how you want the next 6 months to look like
- ☐ Buy a lined journal and document every day of your summer like it's a novel
- ☐ Get a library card and set a target number of books to reach this summer
- ☐ Find a local volunteer opportunity and volunteer (some ideas: animal shelter, library, parks, zoos, etc)
- ☐ Go to a restaurant and order something you've never tried before
- ☐ Take a class to try a hobby you've always thought about (some ideas: karate, piano, painting, pottery)
- ☐ Write a letter to your local newspaper about your opinion on a recent article
- ☐ Go 24 hours without Internet or Television
- ☐ Write down affirmations on post-it notes and stick them on your mirror
- ☐ Write a letter to your future self 1 year from now, 5 years from now, and 10 years from now
- ☐ Find the nearest park and host a picnic
- ☐ Reach out to an old friend you haven't talked to in a while to catch up

- ☐ Take an online course on a subject you've always been interested in
- ☐ Practice mindfulness for at least 10 minutes every day - sit with your deep breaths, feel the food you're eating, etc
- ☐ Track the number of times you say "sorry" without actually needing to
- ☐ Grab a friend and try a hike you haven't done before
- ☐ Visit a museum you have never been to before
- ☐ Create a time capsule to open in a year
- ☐ Find a character whose courage you really admire and write down the qualities that you can take away