


# Reignite Your *Passion* Challenge

Are you ready to reignite your spark? Over the next 30 days challenge yourself to check off the items below or make up your own challenge to help you stretch yourself, get out of your comfort zone and tap into more joy and fulfillment.

Do Something Fun	Connect with a Friend	Take a moment to be Grateful	Get Outdoors	Do Something Creative
Try a new Hobby or Activity	Set a New Personal Goal	Read a Book on a New Subject or Topic	Sign Up for a Class or Workshop	
	Schedule a Yes Day	Write Down 3 Things You Like About Yourself	Hit a Personal Goal	Compliment a Stranger
Wear Something That Makes You Feel Great	Walk Barefoot (in grass or sand)	Learn Something New	Write Down Your Dreams	Explore a New Area
Do Something You Used to Enjoy Doing	Go on a walk in nature	Do something you did when you were younger (ex, swing, ride a bike)	Draw or Doodle	Turn up the music and dance