

TRY SOMETHING

NEW

FOR 30 DAYS



LET'S TALK

WHAT IS ONE THING YOU ALWAYS  
WANTED TO TRY?!



# VOCABULARY

## CREATE SENTENCES

Stuck

Idea

Turn out

Habit

Challenge

Instead of

Memorable

Self-confidence

Self-confidence

Grow

Hike

Mountain

Adventurous

Awful

Stick

Less likely

Gave up

Guarantee

# TRY SOMETHING NEW FOR 30 DAYS



QUESTION 1

WHAT DID HE DO?



QUESTION II

WHAT DOES HE  
RECOMMEND DOING?



QUESTION III

GIVE ONE EXAMPLE OF  
SOMETHING HE TRIED



# SOME IDEAS

<https://smartmoneysimplelife.com/30-day-challenge-ideas-try-something-new/>



**30 Examples of 30-Day Challenges That Will Change Your Life**

Look at life as if it's a series of experiments. Change your habits for 30 days and see what happens.

**A** READ

**B** THINK

**C** CHOOSE

**D** DO!

WHAT CAN STAND  
IN YOUR WAY?





HOW WILL YOU OVERCOME  
THE DIFFICULTIES?

SO, ARE YOU UP  
FOR THE  
CHALLENGE?



SHARE A PICTURE WITH THE GROUP OF THE FIRST DAY AND WRITE  
WHAT YOU DECIDED TO CHANGE

FOR NOW

PLEASE TAKE A PICTURE EVERY TIME  
YOU DO THE ACTIVITY AND SHARE YOUR  
THOUGHTS WITH ME IN A VOICE  
MESSAGE (I PROMISE TO ANSWER!)

# AFTER 30 DAYS

\* YOU WILL HAND IN A COLLAGE  
SHOWING YOUR CHALLENGE

\* YOU WILL WRITE A REFLECTION

[HTTPS://PHOTO-COLLAGE.NET/PHOTO-COLLAGE-MAKER/?](https://photo-collage.net/photo-collage-maker/?)

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