



JUNE *Take a* **RISK** CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
		Day 1 Say hi to a stranger.	Day 2 Go on a blind date or surprise a loved one with something special.	Day 3 Eat new cuisine.	Day 4 Start a project you don't think you can finish.	Day 5 Go to a party alone.
Day 6 Ask someone for help or advice.	Day 7 Introduce yourself to your neighbors.	Day 8 Give away something that's special to you.	Day 9 Try out a recipe you think is too hard.	Day 10 Rock a solo karaoke performance.	Day 11 Accept a compliment with only "thank you".	Day 12 Get off the grid for a whole day.
Day 13 Explore a new neighborhood.	Day 14 Dance like no one is watching.	Day 15 Go to the movies by yourself.	Day 16 Say yes to everything.	Day 17 Send a note to someone you admire.	Day 18 Get back in touch with someone.	Day 19 Apply to your dream job.
Day 20 Speak your mind to a co-worker.	Day 21 Sign up for a class you know nothing about.	Day 22 Wear something you usually wouldn't.	Day 23 Tell a friend your biggest life goal.	Day 24 Rearrange all your furniture.	Day 25 Paint a piece of art for your wall.	Day 26 Actually answer when someone asks how you are.
Day 27 Make zero plans.	Day 28 Bake bread from scratch.	Day 29 Ask someone to officially be your mentor.	Day 30 Make a flower arrangement and give it to a stranger,			