

85 WAYS TO STEP OUT OF YOUR COMFORT ZONE

- 01 Enter a competition in which the odds are stacked against you
- 02 Say yes to every opportunity that presents itself
- 03 Travel somewhere on your own
- 04 Write down 10 things you love about yourself
- 05 Learn how to read tarot cards
- 06 Make your own kombucha
- 07 Spend more time naked
- 08 Do something outside that you normally would do inside
- 09 Forgive someone
- 10 Go to a swinger's club
- 11 Visit a psychic
- 12 Go to a gun range
- 13 Attend a church service
- 14 Go spelunking
- 15 Ask someone for constructive criticism
- 16 Reconnect with someone from your past
- 17 Try a new cuisine
- 18 Attend an improv night
- 19 Attend an ayahuasca ceremony
- 20 Go to a rave
- 21 Complete a **digital detox**
- 22 Make a donation to a charitable organization. A few favorites: **Ocean Conservancy, Women for Women International, The Dian Fossey Gorilla Fund, Cat House on the Kings**
- 23 Write your own eulogy
- 24 Attend a karaoke bar and participate
- 25 Go on a walking tour of your city
- 26 Make a confession
- 27 Join a **Meetup** group
- 28 Verbally express your appreciation to others
- 29 Pay for a tarot reading
- 30 Do that thing you've been putting off
- 31 Try urban foraging
- 32 Spend an evening without electricity
- 33 Download and listen to binaural beats
- 34 Have a **courageous conversation**
- 35 Go to an estate sale
- 36 Stay at an Airbnb
- 37 Create a self-care routine
- 38 Try astral projection
- 39 Get a massage
- 40 Start a blog
- 41 Get a tattoo
- 42 Post your art online
- 43 Wear a costume to the grocery store
- 44 Read erotic fiction
- 45 Go to a comic convention
- 46 Pose nude for a portrait
- 47 Create a vision board
- 48 Read a memoir of someone you have nothing in common with
- 49 Get lost and use a map to find your way back
- 50 **Volunteer**
- 51 Learn **how to speak publically**
- 52 Throw a themed dinner party
- 53 Try a yoga class
- 54 Introduce some structure into your daily routine; or, if you already do that, let the routine go for a few days
- 55 Declutter
- 56 Attend a Sex Positive meeting
- 57 Try a creative class, like ceramics, painting, weaving or screenprinting
- 58 Watch a television show in another language
- 59 Watch a play at the community theater
- 60 Purchase something at an adult store. The bigger the better.
- 61 Take an online course on Udemy
- 62 Attend a poetry reading
- 63 Create a new moon cleansing ritual
- 64 Try a **self-breast massage**
- 65 Take a trapeze class
- 66 Take a martial arts class
- 67 Travel with no itinerary
- 68 Smile at everyone you see
- 69 Listen to something new
- 70 Walk or bike to work
- 71 Become a mentor
- 72 Go to a wine tasting
- 73 Buy a vegetable or fruit you don't recognize and learn to make a recipe with it
- 74 Participate in a 5k
- 75 Do something unexpectedly nice for someone
- 76 Give a compliment to a stranger
- 77 Tell your lover exactly what you want
- 78 Try a new board game
- 79 Take a new way home from work
- 80 Write a letter to someone who has made a difference in your life
- 81 Go backpacking overnight
- 82 Try stand-up paddleboarding
- 83 Obtain your Open Water Diver Certification
- 84 Try a new from-scratch recipe
- 85 Take a social etiquette class