A January Beyond Boundaries

Check off your challenges when you complete them



- [ ] 1/1 - Download Headspace & Meditate
- [ ] 1/2 - Do a 2 Minute Eye-Gaze
- [ ] 1/3 - Buy a Stranger Coffee
- [ ] 1/4 - Go Deep at Work
- [ ] 1/5 - Get (More) Physical
- [ ] 1/6 - Post Your Gratitude
- [ ] 1/7 - Eat Something Super Spicy
- [ ] 1/8 - Give to Others
- [ ] 1/9 - Choose Your 3 Words
- [ ] 1/10 - Feed a Fireman
- [ ] 1/11 - Wake Up For Sunrise
- [ ] 1/12 - Check Your Credit
- [ ] 1/13 - Share Your Secret Talent
- [ ] 1/14 - Do a Personal Polar Plunge
- [ ] 1/15 - Give an Apology
- [ ] 1/16 - Book a Scary Lunch
- [ ] 1/17 - Cut the Cord
- [ ] 1/18 - Clean Out Your Stuff

- [ ] 1/19 - Write Thank You Cards
- [ ] 1/20 - Be a Kid Again
- [ ] 1/21 - Take a Grateful Photo
- [ ] 1/22 - Get Outside
- [ ] 1/23 - Get Intimate
- [ ] 1/24 - Explore a New Place
- [ ] 1/25 - Create a Life Playlist
- [ ] 1/26 - Get Some Sleep
- [ ] 1/27 - Cook a Meal from Scratch
- [ ] 1/28 - Write a Love List
- [ ] 1/29 - Reach Out to a Friend
- [ ] 1/30 - Create a Positivity Wave
- [ ] 1/31 - Share Your Experience

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