

## 52 Ways to Challenge Yourself that Result in Increased Adaptability

By: Mary L Flett, PhD – Five Pillars of Aging

1. Put a meal together using only three ingredients you have in the house
2. Buy yourself flowers
3. Take a different route to or from a place you go regularly
4. Read a book in a genre you don't usually read
5. Change your sleep routine (e.g, wake up or go to bed earlier)
6. Do something alone
7. Do something with new people
8. Memorize a poem or a song
9. Volunteer somewhere for an organization you've been interested in
10. Exercise 10 minutes a day for 7 days
11. Buy that ticket You know the one
12. Live within your budget
13. Ask for feedback Be prepared for the feedback
14. Help somebody without being asked
15. Buy something you've always wanted
16. Ask for help
17. Go somewhere you've never been before
18. Try a new food
19. Sing a different song every day for a week
20. Brush your teeth with your other hand
21. Find a baby and smile at him/her until s/he smiles back

22. Take the stairs
23. Call someone you haven't spoken with recently
24. Initiate a conversation with someone you don't know well
25. Learn something new about someone you see all the time (checkout clerk at the store, medical provider, driver etc.)
26. Meditate 10 minutes a day for a week (if you already meditate, increase or decrease the amount of time or frequency For example if you meditate for 30 minutes once a day, limit the meditation to 15 minutes, but do it twice)
27. Sit in a different spot to watch TV
28. Eat a meal with your other hand
29. Wear your watch on your other wrist
30. Wear make-up
31. Get dressed up for a special occasion
32. Write a thank you note
33. Keep a daily gratitude journal
34. Learn a different way of doing something you are good at
35. Teach somebody else something you love to do
36. Toss out something you don't need any more
37. Watch a program you've never watched all the way through
38. Listen to a different radio station
39. Listen to a different news broadcast
40. Eat something you've never tried before
41. Get a manicure/pedicure

42. Put your clothes on in a different order
43. Eat breakfast for dinner
44. Write or draw daily for a week
45. Take a nap
46. Stay up late
47. Don't do something you do every day (e.g., don't do the crossword, Sudoku, dishes)
48. Change up your routine (e.g., do the laundry on a different day)
49. Go to the library and take out a book
50. Drink 8 glasses of water
51. Feed the birds/squirrels
52. Make up your own list