

Use this list to take some small actions to break out of ruts and patterns.
Notice how often one small change will lead to a series of unexpected outcomes.

- ▶ Do a household chore you have been postponing
- ▶ Surprise yourself by learning to do something you normally aren't the type to do
- ▶ Have a conversation with a person you would normally not be interested in talking to
- ▶ Read the US constitution
- ▶ Buy a self-help book that challenges you to think a different way
- ▶ Google three things and look at two of the entries on the third page for each item you google
- ▶ Get a pedicure or a massage
- ▶ Buy a case of bottled water and give them to people on the street that are asking for money (if you drive a car)
- ▶ Do 60 seconds of physical stimulation when you first wake up
- ▶ Clean or organize something you say you haven't had time for
- ▶ Make an argument for the opposite position of something you are passionate about
- ▶ Look to increase your expressed positives to others by 20%
- ▶ Go to a restaurant you would normally not go to
- ▶ Make a list of 5 things you would never do
- ▶ Spend an entire day not being concerned with outcomes
- ▶ Make a small decision with a coin flip