

GFWC Massachusetts President's 30-week NEW Beginnings Challenge

September 8, 2021 ~ April 6, 2022

EXPRESS ~ EXPLORE ~ EXPAND ~ and so much more



The goal is to try something **NEW** each week. Trying new activities opens your horizon, pushes you a little bit out of your comfort zone and you might just find a new activity, hobby, or craft you would like to get to know a little better while investing in **YOU** ♥ You have all week to complete each challenge. If you are new to the challenge ~ Google instructions as necessary and have fun trying it out. If you have tried the activity before ~ try it again, only this time, add more zest. Good luck and have fun learning something new ♥

Week of	Activity	What You Did
September 8	Purge 10 items from your closet - donate	
September 15	Try a new recipe or use a new ingredient	
September 29	Use pencil, draw a cartoon character, share	
October 6	Find something from nature to craft with	
October 13	Take a 30-minute walk/hike	
October 20	No TV day	
October 27	Read a book to a child	
November 3	Shut your phone off for one day	
November 10	Free choice	
November 17	Sit outside/watch the clouds for 10 minutes	
November 24	Learn a new dance, show someone	
December 1	Cook green, white and yellow vegetables	
December 8	Clean that one drawer	
December 15	Donate money to a cause	
December 22	Sing a holiday song in a public place	
HALF WAY DONE		
December 29	Recycle/reuse something from your trash	
January 5	Paint a watercolor picture, share it	
January 12	Play a childhood game (jacks, pick-up sticks)	
January 19	Free choice	
January 26	Make/buy a meal for someone	
February 2	Read a poem (or two) by Maya Angelou	
February 9	Send a homemade Valentine's card out	
February 16	Make an origami animal	
February 23	Tell a friend why you are grateful for them	
March 2	Make green eggs and ham	
March 9	Make a pot of soup	
March 16	Try a different exercise routine	
March 23	Meditate for 10 minutes	
March 30	Learn a new solitaire card game	
April 6	Plant some things in a garden	
/ 30	Number of activities completed	

Return this paper postmarked by April 11, 2021 to:
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 Feel free to reflect on your experience on the back of this chart.