

Make a Change March #Learn

30+ POSITIVE WAYS TO PUSH YOUR POTENTIAL

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	Set some weekly goals for March 1	Learn some basic sign language... 'hello' 2	Change a habit that no longer serves you 3	Create a Positive Postcard for Chapter for Chapter http://bit.ly/chapter-connect 4	Start a new fitness routine and stick to it! 5	Read an autobiography by someone who inspires you 6
Learn how to take better photos on your phone 7	Learn how to draw a portrait then draw yourself 8	Create a mood board of things you love 9	Learn how to cook a yummy new recipe 10	Learn to play an instrument... banjo anyone? 11	Take a free online course 12	Try out a new language 13
Research a new hobby and take action to get started 14	Learn what foods nourish you and start eating them 15	Find out something new about someone you know really well 16	Learn how to say 'NO' to things that are holding you back 17	Listen to a podcast about something that excites you 18	Start a blog about something important to you 19	Learn how something works... get Googling 20
Check-in with yourself and reflect on what you learnt last week 21	Learn a new relaxation technique and practice it 22	Write a creative story 23	Learn a new way to do an everyday thing 24	Try a fresh approach to a challenge you're facing 25	Find your favourite quotes and learn them by heart 26	Learn about the stars and go spot a constellation 27
Learn about a completely new animal you've never seen 28	Learn about a different culture 29	Find out some interesting facts about where you live 30	Watch a documentary and share what you've learnt 31	<p>"Change is the end result of all true learning." Leo Buscaglia</p>		