

30 things to do before you turn 30

Tick the things you've already done



- ☐ Learn a new language
- ☐ Go to the movies alone
- ☐ Get a tattoo
- ☐ Live abroad
- ☐ Get your dream job
- ☐ Play an instrument
- ☐ Dye your hair
- ☐ Buy a one-way flight
- ☐ Run a marathon
- ☐ Rekindle an old friendship
- ☐ Go on a roadtrip
- ☐ Ask for a pay rise
- ☐ Give blood
- ☐ Play a team sport
- ☐ Ride a motorbike/scooter
- ☐ Go skydiving
- ☐ Own a pet

- ☐ Start a business
- ☐ Go to a weekend festival
- ☐ Learn to surf
- ☐ See a broadway show
- ☐ Go camping
- ☐ Learn how to poach eggs
- ☐ Travel solo
- ☐ Buy a designer bag
- ☐ Practice meditation
- ☐ Volunteer / charity work
- ☐ Stay awake for 36 hours
- ☐ Plant a garden
- ☐ Build something

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