

# 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
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- 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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