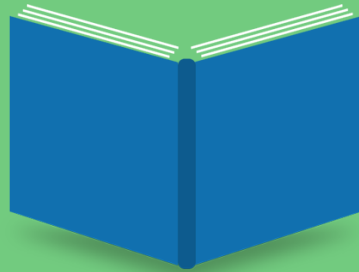


# 30 Days of Creativity Challenge



- ☐ 1. Tidy Your Work Space
- ☐ 2. Take a Different Route
- ☐ 3. Read a Nonfiction Book
- ☐ 4. Vow to Get More Sleep
- ☐ 5. Start a Dream Journal
- ☐ 6. Watch a Documentary
- ☐ 7. Make Time for Exercise
- ☐ 8. Declare your Mantra
- ☐ 9. Try a New Cuisine
- ☐ 10. Listen to Classical Music
- ☐ 11. Build an Inspiration Board
- ☐ 12. Test a Different Location
- ☐ 13. Practice a New Skill
- ☐ 14. Have a "No Screens" Day
- ☐ 15. Plan a Trip
- ☐ 16. Go Outside
- ☐ 17. Talk It Out
- ☐ 18. Read a Magazine or Newspaper

- ☐ 19. Meditate
- ☐ 20. Visit a Museum
- ☐ 21. Take a Bath
- ☐ 22. Listen to a Podcast
- ☐ 23. Make Something with Your Hands
- ☐ 24. Stretch
- ☐ 25. Watch a TED Talk
- ☐ 26. Write by Hand
- ☐ 27. Do nothing
- ☐ 28. Go Outside Your Comfort Zone
- ☐ 29. Brainstorm
- ☐ 30. Start a "Someday" List

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