

DoubleDare

Doing something new and different can build confidence, help you get out of a funk, or challenge you to new heights. All these can help build your mental well-being.

The Double Dare Challenge invites you to try two new things during the next 30 days. Try a new food, like octopus. Go to the opera, ballet, or play. Volunteer at a shelter. Go rock climbing, mountain biking, fishing or another activity you have never done. Change your hairstyle. Write a letter to a politician. Make it something that is personally challenging. Reach for something more. Upon completion turn in the form for a gift card.

(This challenge is from Tad Mitchell, 102 Challenges, DoubleDare Challenge 13)

Name: _____ (open to employees and spouses)

What you did do? _____

What you did do? _____
