

Monthly rejection challenges

					1 ☒ Ask a stranger for directions	2 ☐ Strike up a conversation with someone new in line at the coffee shop
3 ☐ Compliment someone's outfit or style	4 ☐ Wear your hair differently from how you usually do	5 ☐ Join a club or activity you've always been curious about	6 ☐ Share your creative work with someone you admire	7 ☐ Try a food you think you hate		
8 ☐ Try a new hobby that seems out of your comfort zone	9 ☐ Give karaoke a go, even if you can't sing	10 ☐ Strike up a conversation with someone who seems intimidating	11 ☐ Ask your crush out on a date	12 ☐ Ask for a favour from someone you don't know well.		
13 ☐ Give constructive criticism to a friend or family member	14 ☐ Join an online community	15 ☐ Wear something totally out of your comfort zone	16 ☐ Volunteer for something you've never done before	17 ☐ Share your biggest fear with someone you trust		
18 ☐ Ask for help when you need it, even if it feels embarrassing	19 ☐ Repeat a challenge that stung the most, but this time with a different approach	20 ☐ Do something spontaneous and unexpected	21 ☐ Write a letter to your future self, thanking them for braving rejection	22 ☐ Reflect on your experiences		
23 ☐ What did you learn about yourself?	24 ☐ How has facing rejection made you feel?	25 ☐ Has rejection changed your perspective?	26 ☐ Did you find any of the challenges difficult?	27 ☐ Reflect on your experiences		
28 ☐ Celebrate your accomplishments!						