

Personal Growth Activities

1. Care for a pet
2. Learn an instrument
3. Try new recipes
4. Draw or paint
5. Learn a language
6. Write a story / book
7. Travel somewhere new
8. Journalling
9. Start a new sport
10. Acupuncture
11. Make your own pasta
12. Make pottery
13. Build something
14. Take a class
15. Run a marathon
16. Volunteering
17. Befriend a stranger
18. Plant a garden
19. Learn a martial art
20. Take dance classes
21. Knitting
22. Meditate
23. Ride a bike to work
24. Do yoga
25. Start a restoration project
26. Attend a local group
27. Bake desserts
28. Do something you loved as a child

