NOVEMBER 1-30

The Lists of 30 30 Day Challenge



In November 2012, Clemens Wan did his first and most epic 30 day challenge: one new thing every day. It started the lists, the blog, and eventually two books. This November, it's your turn.

From *My Life in Lists of 30*: "For 30 days, I basically tried everything I wanted to do before I thought the world might end on Dec 21st because it was the end of the Mayan calendar."

THE RULES

1. Do one thing each day. The calendar has a prompt for every day, plus what Clemens did on that day in 2012.
2. Swap any prompt for your own. It's your challenge.
3. Check the box when it's done. Missed a day? Do two tomorrow, or don't. No guilt.
4. On day 30, write your list of 30: everything you did, and what it taught you.
5. Share along the way with **#ListsOf30Challenge**.

WHY 30 DAYS?

It came from a TED talk by Matt Cutts: good habits take about 30 days to solidify. From the book: "When you stretch your goals and find progressive ways of reaching this state of improvement, you'll find that things just mean a lot more."

WHAT YOU NEED

- This calendar (pages 2-3), on the fridge or by the bed
- A pen
- Optional: the free 30 Prompts sheet and the 30-List Mini Journal (book.listsof30.com)

DAYS 1-15

November, part one

Day 1
Plan your 30 days: list the 30 things you'll do

Clemens, 2012: Scheduling the Challenge - project managing the next 30 days

Day 2
Cook dinner for someone

Clemens, 2012: Happy Turkey Day - cooking thanksgiving dinner

Day 3
List your web of peeps: 30 people you'd message

Clemens, 2012: My Web of Peeps - listing all my connections

Day 4
Draw a self-portrait (badly is fine)

Clemens, 2012: My Own Self Portrait - drawing me

Day 5
Mail a handwritten postcard

Clemens, 2012: The Postcard Project - sending anyone who wants a postcard one with a personalized message

Day 6
Print photos of someone you love

Clemens, 2012: Alex's Photo book - printing a photo book of my god son

Day 7
Try a class you've never taken

Clemens, 2012: Anti-gravity flying fitness class - trying a new yoga class

Day 8
Revisit something you once studied

Clemens, 2012: Electrohydrodynamics (EHD) - revisiting my master's thesis and the latest work around it

Day 9
Send a friend 3 great local eats

Clemens, 2012: Must-try NYC Eats - suggesting some great food

Day 10
Help a friend ship a creative project

Clemens, 2012: Hylourd comic book - helping publish a comic book

Day 11
Do one thing for charity this month

Clemens, 2012: The Stache of Movember - growing a mustache for charity

Day 12
Spend an hour on a friend's project

Clemens, 2012: Chris' Fashion blog - spending a day helping my roommates write a fashion blog

Day 13
Write down your ideal day

Clemens, 2012: My Ideal day - writing down what I imagine would be a great day for me

Day 14
Pick your 30 best photos of the year

Clemens, 2012: Best photos of 2012 - reviewing all my photos of the year and reliving it

Day 15
Raise money or awareness for one cause

Clemens, 2012: About Shaving my Head - raising money for St Baldrick's foundation

DAYS 16-30

November, part two

Day 16
Volunteer for an afternoon

Clemens, 2012: Volunteering - spending a day a week giving back to community

Day 17
Do one thing outside your comfort zone

Clemens, 2012: Contra dancing - getting outside my comfort zone

Day 18
Do something a little ridiculous

Clemens, 2012: The Mohawk - shaving a mohawk right before getting my head shaved

Day 19
Show up for a cause in person

Clemens, 2012: The Bald Look - attending the St Baldrick's event and raising awareness by being the first to be shaved

Day 20
Go see live music or theater

Clemens, 2012: Living in the Moment - attending an Ariel and Shia Monday Night Alive

Day 21
Do something you love, on purpose

Clemens, 2012: Whisky Tasting - doing something I love

Day 22
Tell someone the story of this challenge

Clemens, 2012: My TED Talk - giving a talk about my experience with this 30 day challenge in Toastmasters

Day 23
Take photos for someone else

Clemens, 2012: Event photography - taking event photos for my company

Day 24
Write your personal mantra

Clemens, 2012: Perfect Simplicity - writing out my mantra and the meaning behind it

Day 25
Digitize a box of old photos

Clemens, 2012: Digitizing Photos - scanning old photos that were flooded at my house during Hurrican Sandy

Day 26
Challenge a friend to a game

Clemens, 2012: Epic TT Match - recorded a match between myself and Johnson

Day 27
Reach out to someone you admire

Clemens, 2012: Post on Reddit/Contact Rhett and Link - becoming more involved in social media

Day 28
Treat yourself to a special meal

Clemens, 2012: Tasting Menu - 15 East tasting menu for my birthday

Day 29
Write your travel advice for one place

Clemens, 2012: Places I've Traveled to Book - wrote out my travel advice for all the places I've gone

Day 30
Reflect on your year in a list of 30

Clemens, 2012: Reflecting on 2012 - a final overview of my year in 2012