

DAY 23

There are so many things in life we haven't tried just because we're afraid our comfort level will deteriorate, right?

Most of the time we go to the same café every day and order the same thing, sit in the same place in the vehicles we drive, listen to the same genre songs, this list goes on and on....

What I really want to tell you is that we can't give the new, the different, the unknown a chance. However, if we are open to innovation and change, maybe life will bring us surprises! We may discover many things that we live. We can't know that...

That's what today is all about...

I challenge you; Give five things a chance today that you have never tried before! A meal you've never tasted, a place you haven't been because you said "that's not for me", spending time with someone you think you'll never get along with, a type of music you've never heard, an activity you've never dared to do.

It's up to your creativity. I just want you to try five things you've never tried before! I'm already very excited about this! See you tomorrow.

Tasks:

- Try five things you haven't tried before Write your experiences on the worksheet.
- Listen to your affirmation before you go to sleep at night.

