

**Worksheet # 1 – “What Am I Willing to Do?”**

Not a problem for me to do:	I have done this , but found it scary:
I would be willing to try this:	I would never do this

**Worksheet # 2 – “That’s Just Crazy!”**

## Activity:

1. Take part in a karaoke competition
2. In a no-smoking area, ask someone to stop smoking
3. Go bungee jumping
4. Go for counseling to sort out personal difficulties
5. Hug a complete stranger who is in distress
6. Cry in public
7. Get in a physical fight
8. Live on an island for a month
9. Take a vow of silence for a day
10. Throw a huge snowball at someone
11. Get your fortune told
12. Go on a blind date
13. Dance in the pouring rain
14. Play an elaborate practical joke on someone
15. Learn to dance (Hip-Hop, Salsa, Jazz)
16. Speak to an audience of a thousand people
17. Eat something that’s alive (like an insect)
18. In an elevator, laugh hysterically for 5 seconds in front of strangers
19. Go to a strip club
20. Fast for at least two days
21. Take a ride in a hot air balloon
22. Spend a week at a meditation retreat
23. Live in a foreign country for at least three months
24. Swim in the nude in a public place
25. Jump off a high cliff into the ocean
26. Write a book
27. Kiss a stranger
28. Ask for more referrals
29. Raise my rates
30. Join a new group

Bonus: Go Paddle boarding with Mary