

30dhs Thought Starters

Our Mission and Yours now that you've signed onboard

To inspire, benefit and grow individuals and communities by driving a shift in perception to the day ahead and what can be made of it.

The challenge ahead is yours to own - what can you do with those moments in your day to take the road less travelled. A new activity, taste, sensation that can be big or small, it's entirely up to you - 1 minute or an hour you make the choices.

But where to begin ...

Below are some thought starters for your 30days experience

1. Ideas for 30DHS with little/no cost!

- Visit the Street University
- Clean out your closet, and give your old clothes to charity
- Learn a new fact
- Pick some flowers
- Go to a museum
- Send a message in a bottle
- Be a vegetarian for a day/week/month!
- Read a new book
- Write a new book!
- Write a poem
- Paint a picture
- Sew something
- Knit a jumper
- Go to a skate bowl
- Dance all day!
- Donate blood
- Donate bone marrow
- Stand for others on public transport
- Learn a new language
- Don't smoke for a week/month
- Go barefoot
- Plan your dream holiday
- Wash some windscreens for people!
- Cut your neighbors' lawn for them
- Wash your neighbors' car
- Share a cab with a stranger
- Use a sickie and do whatever you want with your day!
- Pick a color, and only eat food of that color all day!
- Get your food FRESH from the markets
- Give something to a homeless person

- Join the Big Brother or Big Sister program
- Go to a poker night at your nearest RSL
- Put together a trivia team
- Get up and sing your favorite oldie at a karaoke night!
- Get up and play at an open mic night
- Eat something new
- Sell a piece of art
- Go camping
- Go for a hike
- Learn to surf
- Go snorkeling
- Have a picnic with friends in a park
- Have an amazing race
- Check out a wildlife park
- Ride a Ferry
- Go fishing somewhere new
- Make a sculpture
- Take an outdoor sport and play it inside!
- Hang up an old school photo
- Discover something
- Sleep on a beach
- Go to an observatory and check out the stars
- Hang out with a Lifeguard
- Write a song
- Make your own ice cream
- Swim in a rock-pool
- Bake a cake
- Try internet dating
- Have phone sex
- Join the mile-high club
- Work in a kitchen for a day
- Try a deep fried Mars Bar
- Join your girlfriend shopping
- Do a nudie-run
- Go skinny dipping
- Go to church
- Do a confession
- Go on a date with your best friend!
- Wear high-heels for a day
- Go downhill bike riding
- Go commando!!!
- Volunteer at a hospital
- Visit a refugee camp
- Meet someone famous
- Help someone carry their shopping bags
- Help someone across the street

- Spend a week living below the poverty line
- Go whale watching
- Go photograph your favorite local people/places
- Learn to crochet
- Hang some fluffy dice from your rear view mirror
- Learn some magic tricks
- Throw out 50 things!
- Spend the day at an animal shelter
- Go busking
- Prank call your mum/dad/uncle/aunty/brother/sister/boss
- Do a favor for a random stranger
- Have a treasure hunt
- Throw an old pair of shoes over a powerline
- Only eat foods starting with 'a', 'b', 'c' etc
- Dress in drag for the day
- Have a tea party
- Test drive an expensive car
- Go to a university lecture
- Eat a boogy... AHHHHH! Got you! We've all done that before.
- Entertain old folks in an old folks home
- Pick a spot and watch the sunrise
- Volunteer for something
- Go cow-pushing
- Wear your pyjamas all day
- Wear an eye patch
- Pay for someone in the drive-through behind you
- Impersonate an elephant in public
- Have a full conversation with a dog
- Send someone a hand-written letter in the mail
- Find a penpal
- Walk a mile in someone else's shoes
- Join a local drama group
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1. Spend a little, get a lot!

- Learn a musical instrument you've always wanted to play
- Treat yourself to a laugh, go watch a comedian
- Get a barbershop shave
- Take a dancing lesson
- Paint one of your walls!
- Go paddleboarding
- Go to the zoo
- Take a cooking class
- Get a full body massage
- Do a Pole Dancing class

- Try kickboxing
- Go Ice Skating
- Swim with dolphins..
- Swim with SHARKS!
- Go Go-Kart racing
- Do a cocktail making course/lesson
- Buy something off Ebay - a random item perhaps, maybe something that you loved from your childhood
- Play Laser-tag
- Go watch a musical
- Go see a play
- Have a massive party!
- Host a murder mystery
- Do an art class
- Try pottery!
- Get a pedicure/manicure/spray tan!.... Even if you're a dude!
- Lay some bricks
- Plant yourself a spice garden
- Grow some flowers
- Learn to fly a plane
- Learn some circus skills
- Go for a ride in a Jet Boat
- Get some friends together and play paintball
- Go caving
- Have a pubcrawl!
- Go horse riding
- Drive a V8 around a racing track
- Do a rally driving experience
- Take an advanced driver course
- Have a go at Free-diving
- Go bungee jumping
- Go rock climbing
- Go for a ride in a hot air balloon
- Go to the races! It's spring carnival!
- Cross codes - go to a game from a different code of footy
- Go and do a Ghost Tour
- Take a flight in a helicopter
- Do a Seaplane Beach Picnic
- Check out the Aquarium
- Go sailing
- Get vertical and do some abseiling
- Shoot a real gun, at a firing range
- Play a full round of golf
- Play Putt-putt Golf
- Start a home-brew kit
- Explore an old jail

- See some live music
- Ride a Quad Bike
- Go White Water Rafting
- Do a wine tour
- Explore your city's underground tunnels
- Go barefoot bowling
- Buy a naughty toy from a sex shop
- Drink 100 shots of beer in 100 mins
- Fly in a jet plane!
- Go tarp-surfing
- Go on a speed-dating night
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1. 30DHS Ideas to help with your health/fitness!

- Eat only fresh foods
- No takeaway foods for a month
- Set yourself a fitness target
- Do a personal training session
- Run/Cycle 10-20-30km etc
- Do 100 push-ups
- Jump that fence!
- Roll down a hill
- Do some stretching
- Try yoga!
- See how many laps you can swim underwater
- Do some soft-sand running
- Hop down to your local shops
- Take the stairs instead of the lift
- Go for a run to your nearest beach
- Join in on an ocean swim
- Take part in a fun run
- Ride a bike to work
- Take the long way round
- Stand instead of sitting down on the bus/train/tram
- Time yourself sprinting - now beat that time!
- Do a few sit ups before you go to bed each night
- Get checked for skin cancer
- Fellas, take that awkward visit to the doctors and get your prostate checked
- Get your colon cleansed..... Ewwwwwww
- Go Kayaking on the bay
- Go to a footy field and kick a goal!
- Play Ultimate Frisbee
- Play a game of squash
- Hire a tennis court for afternoon
- Play a game of street rules basketball with your mates

1. Some OUT THERE 30DHS ideas! To get you thinking...

- Get a sick tattoo
- Live a day without your senses. Go without sight, hearing and speech
- Beat a Guinness World Record
- Communicate an entire day using only song lyrics
- Say yes to everything!
- Wax/shave your entire body
- Ride the ferries from sunrise to sunset, eating and drinking like you're on a cruise
- Go skydiving, dressed like a ninja!
- Spend a night sleeping amongst the homeless
- Walk on all fours all day!
- Get a new job and greet everyone with a mischievous handshake (insert handshake buzzer, squirting flower etc)
- September 19th is National Talk like a Pirate Day... Yarrrrr!
- Get all of your friends together for an Alcholympics Day
- Try food from a different country each night of Septmber
- Go to the airport with a bag packed, and take a mystery flight
- Witness a real human birth
- Have a sword-fight with a friend, wearing a full suit of armor
- Get a whole bunch of hot chips, and have a sit-down dinner with a pack of Seaguls
- Do the door-to-door service with some Jehovah's witnesses for a week
- Make your own sex tape with your partner. Consensually... And Don't share it here.
- Become a tourist in your own home town. Dress up, and take a good look around your city and do all of the things that you would do if you were a tourist
- Take away your senses - spend a day without sight, one with out hearing, and one without speaking
- Try and have a day where you create ZERO carbon emissions
- Make your own movie