

1 New Thing CHALLENGE

1 New Thing Challenge: The Weekly New Thing Challenge
Most of us carry limiting beliefs that began in childhood or from self-doubt over the years. These beliefs quietly hold us back from trying new things, speaking up, or stepping into who we really are.

The **1 New Thing Challenge** is about gently pushing those limits—together. Each week this month, choose one small new thing to try that helps you step past a belief that's been holding you back. The action doesn't have to be big—it just has to be different.

How It Works:

1. Look through the Choice Menu of limiting beliefs and new-thing ideas.
2. Pick one that feels right (or create your own).
3. Try it out sometime during the week.
4. Share your experience in the HC Living community. We're here to cheer you on!

Why This Works:

- Trying new things builds confidence.
- Small steps break down big walls of fear or doubt.
- Doing it as a community makes it fun, supportive, and encouraging.

Your Invitation: Join us in the *1 New Thing Challenge* this month. Choose one new thing each week, track your journey, and celebrate every step forward.

1 New Thing CHALLENGE

(Pick one each week, or create your own!)

LIMITING BELIEF	NEW THING 1	NEW THING 2	NEW THING 3	MY OWN NEW THING
I'm not good enough	Try cooking a new recipe	Learn and say a phrase in another language	Post something positive about yourself online	Write Your Own ←
I'd rather not stand out, speak up or be noticed	Speak up once in a meeting, group, or class	Ask a clerk or associate at a store or business something you'd normally avoid	Introduce yourself to someone new (coworker, neighbor, group member)	
I probably can't do it, or it won't work out.	Try a new hobby for at least 15 minutes	Join a free online class/group session (Learning, fitness, mental health, etc.	Send a message to someone you want to connect or reconnect with	
I don't want to be judged or others won't like me.	Wear something bold, you wouldn't normally wear	Share an idea you've had with a friend or family member you trust	Post a picture or thought you've been shy to share	
I don't deserve it. I have to earn it.	Treat yourself to a small gift	Take a break without guilt	Compliment yourself or say something positive about yourself aloud today	
I have to be right and it needs to be done perfectly.	Share something unfinished (like a sketch or idea)	Try doing a task at 80% effort instead of 100%	Cook and serve a meal to someone else without tasting it first	
I don't know what to do. I can't trust myself.	Go for a walk in a new place without looking at a map	Go for a drive for at least 20 minutes without a destination in mind	Give yourself 10 minutes to decide on a new restaurant to patronize	
I don't like change. I've always been this way.	Rearrange a small part of your room/desk	Try a different route to work, school, or a regular place you visit	Listen to a new type of music or podcast	

**Remember: This is not about being perfect, it's about trying something new.
Every small step forward is #PartOfTheProgress**