

2020 DHT Challenge List. (Social/mental Category)(1 of 3 lists) Final 2020 update.

DHT= Do hard Things. It's about the journey, not the completion. WWW.DHTChallenge.com. Instagram: DHTChallenge

Date
Done

	97	Read 2 books (audio ok) IAMo
	98	Sit in a cold stream for 2 minutes.
	99	Read 20 books (audio ok)
	100	Become a member of DHTChallenge.com
	101	Meditate for 20 minutes.
	102	Get a certification
	103	Speak in front of 20 people or more.
	104	Leave your phone off and at home for 22 hours
	105	Go carless FAW
	106	Sleep with head where your feet go for two nights IAR.
	107	Arrive 10 minutes early for every appointment, FAW.
	108	Speak in front of 2020 people or more.(all at once or IAY)
	109	Become proficient at an instrument, NTY.
	110	Journal for 20 minutes a day for at least 20 days IAMo
	111	Tell 3 people in your life what you appreciate about them.
	112	Ask 20 people a way you can make their lives wonderful. IAW
	113	Meet 2 new people with similar interests or hobbies. IAMo
	114	Teach someone a new skill.
	115	Twice per day, notice something wonderful about 2 people and share with them what you notice, every dday FAW.
	116	Make a list of 20 people you love and talk with each of them at least twice via phone or in person. IAMo
	117	Meet and learn about 2 people who have a hobby/interest/job you have never heard or thought of. IAMo
	118	Pick someone you value in your life and commit to talking to them at least once a week for 20 weeks.
	119	Hold the door open for 20 people IAD. Greet them with a smile as you hold the door open.
	120	Attend a service of a religion or organization that is not your within your belief system or which you have not attended before.
	121	Do 1 random act of kindness oer day without telling anybody about it, 20 days IAMo
	122	Meditate 5 minutes every morning before breakfast and before looking at any digital device. FAMo
	123	Learn how to say "I love you" and "Doing hard things makes you strong." in sign language. Make a video of you signing, post on DHTchallenge.com, and tag on dhtchallenge on social media.
	124	when you think of that story, makes you feel compassion rather than anger when thinking about what they did. See "Style/rule sheet" for more info.
	125	Meet 2020 new people,make a list of their names, where you met them, and something interesting (to you) about them.
	167	Collect \$20.20 from strangers and give it away to strangers.
	168	Trade an item for something. Do this 20 times, trading "up" and post your trades on Insta or FB Tag #DHTChallenge.
	169	Stick a DHT sticker in a legal, appropriate place and post a picture on Insta or FB, #DHTChallenge.
	170	Wave to 20 people you don't know and smile IAD.
	171	Greet 20 people with words from a language(s) other than your native language.
	176	Do not get in a vehicle for 48 hours.
	179	Sing at a Kareoke place.
	180	Order a drink that you have never had before.(and drink it)
	181	Give a packaged food item to someone that is asking for help.
	185	Massage someone's forearms and hands for 22 minutes.
	188	Sit in a seat on a plane, train, or bus that you would normally not choose to sit in.
	189	Ask to take on a new task at work.
	195	Use no electronic devices for 20 hours a day for a week.
	196	20 times In A Row when you communicate to anyone you love, tell them that you love them.