

A Little More Life

THE 30-DAY CHALLENGE

Small adventures. New connections. A little more joy.

Why I'm Doing This

I love my quiet time and enjoy my own company. But lately, I've realized that perhaps I've become a little *too* comfortable in my routines.

Life changes. We retire, move somewhere new, experience loss, or simply find ourselves spending more time at home. And sometimes, without even realizing it, our world becomes a little smaller.

So I thought, why not shake things up a little?

That's why I created this challenge. Not to completely change our lives, but to invite a little more joy, curiosity, connection, and adventure into them.

I'll be doing these challenges right alongside you and sharing my experiences on my YouTube channel. I'd love to hear about yours in the comments, too! The adventures, the surprises, the funny moments, and even the things that don't quite go as planned.

So, what do you say? Let's see what happens when we invite a little more life into our lives.

Ella

How It Works

Each week offers seven challenges. Complete them in any order that works for you. Adapt them to your circumstances, repeat the ones you love, and remember: this is supposed to be fun!

Find me on YouTube: @EllaHensonAuthor

EllaHenson.com

WEEK 1

Shake Up Your Routine

Little changes can lead to lovely surprises.

Your first seven challenges! Complete them in whatever order works for you. There's no need to spend money, do anything elaborate, or get everything perfect. Just have a little fun experimenting with your everyday life.

☐ 1. Take the Long Way

Take a different route on your next walk or drive. Explore a neighborhood you've never visited, turn down a street you've always wondered about, or simply take the scenic route. Forget about getting somewhere quickly. Enjoy the journey!

☐ 2. The Little Indulgence

Visit a bakery, market, or shop you don't normally frequent. Browse, explore, and, if you feel like it, treat yourself to something small. It doesn't need to be expensive. Sometimes a fancy coffee or an unusual little snack feels like an adventure.

☐ 3. Dance Break!

Put on three songs you love and dance! In your kitchen, living room, or wherever you feel comfortable. No choreography, no judgment, and absolutely no requirement to be good at it. Bonus points for singing along!

☐ 4. The Morning Walk

Start your day with a walk, even if it's just ten minutes. Leave your phone and headphones behind, if it's safe to do so. Notice the sounds, the air, the sky, and everything around you. No destination required. If walking isn't possible, enjoy a few quiet minutes outdoors instead.

☐ **5. Finally Go In There!**

You know that little shop, café, park, or interesting place you've passed a hundred times but never visited? Today's the day! Satisfy your curiosity and see what you've been missing.

☐ **6. Stretch It Out**

Give yourself ten minutes of gentle stretching. Put on some relaxing music if you like, move comfortably, and pay attention to how your body feels. You can do this standing, seated, or on a mat. No need to become a yoga instructor overnight.

☐ **7. Meditation: Just Be Still**

Set aside ten minutes to simply be still. Find a comfortable spot, close your eyes and focus on your breathing. If your mind wanders, that's perfectly normal. Just gently bring your attention back. I've created a guided meditation you can use to help, if you like.

You can find this week's guided meditation on my YouTube channel, @EllaHensonAuthor, in the "A Little More Life" meditation playlist.

A Little Reminder

If you enjoyed your morning walk, stretching, dancing, or meditation, why not do it again? You don't have to wait for another challenge to repeat something that makes you feel good.

The goal isn't to check off 30 boxes. It's to discover a few more things that make life enjoyable.

WEEK 2

A Little More Adventure

Sometimes the smallest adventures bring the biggest smiles.

Ready to shake things up a little more? This week is about curiosity, connection, and trying things you might not ordinarily do. Remember, you can complete these challenges in any order, adapt them to suit your circumstances, and repeat anything you've enjoyed!

☐ **8. The \$20 Discovery Challenge**

Set yourself a budget of up to \$20 (or whatever works for you) and explore somewhere interesting. An international market, thrift store, bookstore, antique shop, or somewhere you've never been. See what unusual treasures you can discover. You don't even have to buy anything!

☐ **9. Remember When We Used to Call People?**

Think of someone you haven't spoken to in a while. An old friend, a cousin, a former colleague, or someone you've been meaning to catch up with. Pick up the phone and give them a call. No texting or emailing! If they don't answer, leave a lovely voicemail. That counts!

☐ **10. Do the Weekend Thing on a Weekday**

Who says enjoyable outings have to wait until Saturday? Visit a bookstore, wander through a garden centre, go to an afternoon movie, or enjoy a leisurely coffee in the middle of the week. Break one of those little unwritten rules about when we're supposed to have fun.

☐ **11. Try Something New**

Give something unfamiliar a try! Cook a recipe you've never made, taste a new food, listen to a different kind of music, or experiment with an activity you've always been curious about. You might discover a new favourite—or confirm that some things really aren't for you. 😂

□ **12. Give Yourself Some Credit!**

Make a list of ten things you've done in your life that make you proud. Big accomplishments, small victories, difficult things you've overcome, or moments when you surprised yourself. And here's the rule: no downplaying your achievements!

□ **13. Make the Invitation**

Is there someone you've been meaning to spend time with? Invite them for coffee, lunch, a walk, or simply a visit. Don't wait for someone else to make the first move. And if they're unavailable, that's okay. Making the invitation is the challenge.

□ **14. Meditation: Come Back to Yourself**

Take a little time to reconnect with yourself. This week's meditation focuses on self-love, compassion, and treating yourself with the same kindness you so readily offer others. Again, I've created a meditation for you.

You can find this week's guided meditation on my YouTube channel, @EllaHensonAuthor, in the "A Little More Life" meditation playlist.

A Little Reminder

Sometimes we wait for the perfect time, the perfect company, or the perfect reason to do something enjoyable. What if we stopped waiting?

You don't need a special occasion to make an ordinary day a little more interesting.

WEEK 3

Connection & Curiosity

Sometimes a little curiosity opens the door to something wonderful.

This week, we're exploring ways to connect with the world around us. That might mean meeting someone new, discovering an interesting place, or finding opportunities we didn't even know existed. Remember, there's no pressure to make big commitments. We're simply exploring possibilities!

□ 15. Find Your People

Have you ever wondered about joining a book club, walking group, meditation circle, or another group that shares your interests? Spend a little time researching what's available in your community or online. You don't have to join anything today. Just see what possibilities are out there!

□ 16. A Little Taste of Someday

You know that restaurant, café, or special place you've been meaning to try *someday*? Why not make someday today? Stop in for a coffee, an appetizer, or a little treat. You don't need a special occasion or someone to accompany you. And it doesn't have to cost much!

□ 17. The 15-Minute Transformation

Choose one small area of your home that could use a little attention. A drawer, a shelf, your handbag, or that mysterious collection of things we all seem to accumulate. Set a timer for 15 minutes and tidy, organize, or declutter. Then enjoy the satisfaction of a little accomplishment.

□ 18. Talk to Someone New

Strike up a conversation with someone you don't know. Maybe it's someone at the grocery store, a neighbour, or the person sitting beside you at a café. It doesn't need to be a long conversation. Just go a little beyond the usual hello and see where it leads.

□ **19. Explore a Way to Give Back**

Is there a cause or organization you'd love to support? Spend a little time exploring volunteer opportunities in your community or online. Whether it's helping people, animals, or the environment, see what interests you. No commitment necessary. Today is simply about discovering possibilities.

□ **20. Go Somewhere You've Never Been**

Explore a new park, gallery, walking trail, neighbourhood, nearby town, or other place that sparks your curiosity. It doesn't need to be far away or expensive. Sometimes there's an adventure waiting just around the corner!

□ **21. Meditation: Quiet the Noise**

Take a little time to step away from the constant noise of everyday life. This week's meditation is about quieting outside distractions, letting go of expectations, and reconnecting with your own thoughts and feelings.

You can find this week's guided meditation on my YouTube channel, @EllaHensonAuthor, in the "A Little More Life" meditation playlist.

A Little Reminder

You don't have to join every group, accept every invitation, or turn every interest into a commitment. Sometimes simply discovering what's available reminds us that our world is full of possibilities.

Stay curious. You never know what might be waiting around the next corner.

WEEK 4

Try Something Different

Sometimes the best surprises happen when we step outside our usual routines.

We've made it to Week 4! By now, perhaps you've discovered something new you enjoy, reconnected with someone, or simply had a little more fun than usual. This week, let's continue exploring, experimenting, and giving ourselves permission to enjoy life in ways we might not ordinarily consider.

☐ **22. Take Yourself on a Date**

When was the last time you took yourself somewhere just for the pleasure of it? Go for coffee, enjoy lunch at a favourite restaurant, visit a museum, or even take yourself to the movies! Choose something you'd normally wait to do with someone else and enjoy your own company.

☐ **23. Be a Beginner**

Try something you've never done before, even if you're absolutely terrible at it! Follow a painting tutorial, learn a few words in another language, try a new dance, or experiment with a craft. The goal isn't to be good at something. It's to have fun learning. And who knows? You might surprise yourself!

☐ **24. Write an Old-Fashioned Letter**

Think of someone who's made a positive difference in your life. A friend, teacher, relative, or someone who helped you through a difficult time. Write them a heartfelt letter or card telling them what they've meant to you. Then pop it in the mail. Sometimes the smallest gestures have the biggest impact.

☐ **25. Become a Regular Somewhere**

Find a local café, bakery, library, or other welcoming spot you'd enjoy visiting regularly. Spend a little time there, soak up the atmosphere, and perhaps say hello to someone. Who knows? It might become your new favourite place,

where familiar faces eventually become friends.

☐ **26. Revisit an Old Love**

Is there something you used to enjoy doing but somehow stopped? Playing an instrument, painting, gardening, photography, baking, or perhaps a favourite childhood activity? Give it another try. Sometimes reconnecting with an old interest feels like reconnecting with a part of ourselves.

☐ **27. Do Absolutely Nothing Productive**

Yes, you read that correctly! Give yourself permission to spend some time doing absolutely nothing productive. Read a book, watch a movie, take a nap, sit in the sunshine, or simply daydream. No chores, no guilt, and no feeling that you should be doing something more useful. Enjoy!

☐ **28. Meditation: Trust Yourself**

For our final meditation, let's turn our attention inward. Take some quiet time to connect with your intuition, listen to your inner voice, and remember that you don't always need outside answers to know what's right for you.

You can find this week's guided meditation on my YouTube channel, @EllaHensonAuthor, in the "A Little More Life" meditation playlist.

A Little Reminder

You don't have to be good at everything, fill every moment with activity, or wait for someone else to join you before enjoying yourself.

Sometimes the most wonderful thing we can do is give ourselves permission to live a little differently.

THE FINAL TWO DAYS

Keep the Adventure Going!

The challenge may be ending, but the possibilities certainly aren't.

☐ 29. Make One Small Thing Happen

Is there something you've been thinking about doing but haven't quite gotten around to? Maybe it's signing up for a class, making an appointment, planning a little trip, or taking the first step toward something you've always wanted to try.

Today, take one small, concrete step toward making it happen. It doesn't have to be anything extraordinary. Just something that moves you a little closer to a possibility you've been considering.

☐ 30. Your Choice!

You've spent the past month exploring, experimenting, and hopefully having a little fun along the way.

For your final challenge, the choice is entirely yours! Repeat something you particularly enjoyed, revisit a challenge you missed, or invent a completely new adventure.

Make this one yours. And enjoy every minute of it!

What Will You Take With You?

Well, look at us! Thirty challenges later, and here we are!

I hope you've had some fun, discovered a few new things, and perhaps even surprised yourself along the way.

Before we wrap up, take a moment to think about your experiences.

Which challenges did you enjoy the most?

What surprised you?

What would you like to keep doing?

A Little More Life Doesn't Have to End Here

Maybe you've discovered that a morning walk makes you feel wonderful. Perhaps you've enjoyed stretching, meditation, reconnecting with old friends, or exploring new places.

Whatever it is, **keep doing it!**

You don't have to wait for another challenge or a special occasion to make room for things that bring you joy.

And remember, there are no rules saying you can't repeat this challenge whenever you need a little nudge!

One Last Thing...

Thank you for joining me on this little adventure!

I'd love to hear what you discovered, what made you laugh, what challenged you, and whether there's something you'll be taking forward into your everyday life.

Come share your experiences with me and our community on YouTube at **@EllaHensonAuthor**.

And who knows? Maybe we'll do something like this again!

Here's to a little more curiosity, a little more connection, and a little more life.

A handwritten signature in a cursive script that reads "Ella".

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