

# 30-DAY FEAR OF REJECTION CHALLENGE

1 Call a restaurant and ask for something that's not on their menu	2 Say hi to a stranger as you're passing by	3 Wear an outfit you've been wanting to wear	4 Initiate a hangout with a friend	6 Ask a stranger what time is it	7 Maintain eye contact during a conversation	8 Make small talk with a stranger
9 Order at a restaurant in a different language (may need to use Google translate)	10 Start your passion project (something you've been wanting to do)	11 Tell your crush how you feel about them	12 Go to a gym and ask if you can workout for free	13 Ask for a stranger's phone number	14 Order a bizarre drink at Starbucks	15 Go inside a store and ask if they are hiring
16 Do a Tik-Tok dance with a friend in public	17 Sing your food/drink order at a drive-thru	18 Ask if you can sleepover at a friend's place for 1 month	19 Go on a dating app and initiate conversation with 3 people	20 Be vulnerable with a close friend about how you are doing	21 Participate in a group discussion (even if it's just once!)	22 Call your friend's name at a public place out loud
23 Ask a question during a work meeting	24 Eat at a restaurant by yourself	25 Ask 5 people in your life what they love most about you	26 Compliment 5 strangers you pass by during the day	27 Start a conversation with an employee at the grocery store	28 Sing out loud with your headphones on while taking a walk outside	29 Wear an outfit you would not normally wear and rock it!
30 Take yourself out on a date and take cute pictures of yourself in public						