

## HABIT 6: TRY SOMETHING NEW

Focus on the enjoyment that can come from trying new things.



**Goal:** Commit to trying something new each month - challenge your mind and body.

New experiences can be both exciting and scary, but overcoming your fear, embracing your strengths, and demonstrating curiosity will reap the benefits of personal growth and discovery. For positive results, keep in mind the following.

**Overcome fear:** Any new adventure or activity involves some risk or uncertainty – but don't stop trying something because of feeling embarrassed, being incompetent, holding back others, failing or wasting time. Instead, approach it as an experiment. Let go of preconceived judgments of how something will turn out, take away the connotations of failure, and take this time to learn what works and what doesn't work. To do so, begin with small steps and remember that staying safe and comfortable equates to no growth.

**Build on past successes:** Think about your past experiences and how you successfully made that work for yourself. Consider what you had in place to support you and what you had prepared ahead of time to help make the new experience successful.

**Build on strengths:** Spend time reflecting on areas you do naturally well in your life. Tap into your strengths as you try something new.

**Approach with curiosity:** Instead of approaching new things with caution - try a mindset of approaching unfamiliar things with curiosity. Go into your new experience with a sense of wonder. Simply be an observer in your life of how this experience will go for you.

**Find the fun:** Focus on the enjoyment that can come from trying new things. Do you ever wonder what the best stress management technique may be for you? Most likely a strategy you find great enjoyment in! When people find enjoyment in their "habits", they will more likely last long term. If you are not having fun yet, now is the time to get started!

**Experience the benefits:** Trying new things leads to increased confidence and self-esteem. It reduces boredom, loneliness and is a major driver in personal growth. Education may be the most important variable to improve health and prolong longevity - even more valuable as we age. Find new things for the mind to do – learn new skills, read a new author, take a new class, listen to new music, learn a language, or join a new group. Just varying your daily routine will be beneficial. Remember, life long learning and [social activity](#) are important to mental well-being and happiness.