

# Pineapple Pro Tip

## Be Empowered—Do Something for the First Time

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When was the last time you said YES to doing something for the first time? Be Empowered and set an intention to spice up your routine. The comfort zone might feel safe, but nothing grows there. Take some time to see the world through a fresh set of eyes again—like a child. Here is a list of ideas to get you started. Share with others what you're doing for the first time on social, using the hash tags: #WiseWednesday #FirstTime

1. Eat at a restaurant you've never tried before
2. Drive home from work on a new route
3. Write an email (or letter!) to your favorite author
4. Sign up for a dance/yoga/photography class
5. Learn about the trees and plants around your home
6. Apply to volunteer at a local organization or charity
7. Get a tarot or palm reading in person or online
8. Look up the top ten tourist attractions in your city and pick one you haven't done
9. Find a clear bit of sky to do some stargazing
10. Try out that [Pinterest](#) idea you pinned ages ago
11. Start a handwritten (gratitude?) journal
12. Get paint and canvas and paint a picture
13. Visit a park you haven't been to and walk around
14. Listen to a new podcast
15. Take photos of a beautiful thing you want to remember and frame it
16. Learn to cook a meal you really enjoy eating
17. Make something for dinner you have never tried
18. Sign-up for a dating program
19. Hang a string of fairy lights above your bed
20. Ride a roller coaster/skydive/take a balloon ride
21. Watch a tutorial on a skill you've wanted to master
22. Have a tea party with some kids
23. Speak up online for a cause you fully believe in
24. Go to the library and check out some books (for free!)
25. Send flowers to someone you love just because
26. Chat with that cute stranger you've seen around
27. Donate money to a charity you'd like to support
28. Watch a documentary on a place you've always wanted to visit
29. Adopt a dog or cat (or any other kind of creature)
30. Play a game you've never tried
31. Take some goodies to a neighbor's house you don't really know
32. Book a trip to a place you've never been
33. Discover a new town nearby
34. Shop at a new store or visit an outdoor market
35. Sign up for a race/walk
36. Volunteer to read a book for kids at a local library
37. Cut/color your hair something different
38. Get a tattoo – maybe and itty bitty one!
39. Listen to a new music artist
40. Read a book based on someone else's recommendation
41. Sign up to learn how to play an instrument