

#5

**Take a bus to an  
unknown destination**

(I ended up in Harrogate)

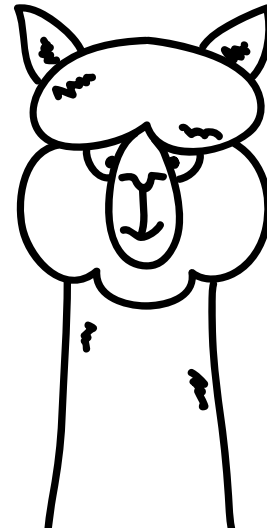
**Bake a cake for  
someone who is  
always happy**

#6

**Blindfold yourself  
and draw the first  
thing that comes up  
in your mind**

#29

**Find out where  
you can cuddle an  
alpaca. Go cuddle  
an alpaca.**



#30

#47

#48

**Read  
'The Circle' by  
Dave Eggers**

**(Then you know exactly  
why you are reading this book)**

***If you see  
somebody  
moving house,  
offer to take  
a box in***

**Eat all your  
meals in the  
open air today**

**#55**

**#56**

**Take the train  
and get out at the  
seventh stop in a  
westerly direction.  
Spend a day  
in this place.**

**Help out at a  
community  
centre**

**#107**

**Sell something you  
don't use anymore  
for a really low  
price so you can  
make someone  
happy**

**(Or give it away for free)**

**#108**

**Challenge  
yourself to not use  
electricity for a whole  
evening and see what  
you come up with to  
entertain yourself**

**#165**

**#166**

**Give your belated  
apologies to  
the person who's  
been waiting  
for it**

#179

**Do nothing for the  
next 30 minutes**

(Really, nothing)

**Put a city map  
on the wall. Mark  
where your friends  
live. Connect the  
dots and make a  
picture of the  
constellation.**

#180

#207

**Masturbate**

(Remember... without using the internet!)

#208

**Make a vehicle  
out of an empty  
soda can**



#215

**Ask a friend  
what their favorite  
book is and read it**

#216

**Write a sci-fi  
movie scene on a  
spaceship just  
before a collision  
with another  
spaceship, using  
your colleagues as  
characters**

**Buy a bonsai tree  
and nurture it  
whenever you have  
the urge to look at  
your phone**

**#233**

**Go outside  
and come back as  
dirty as possible**

**#234**