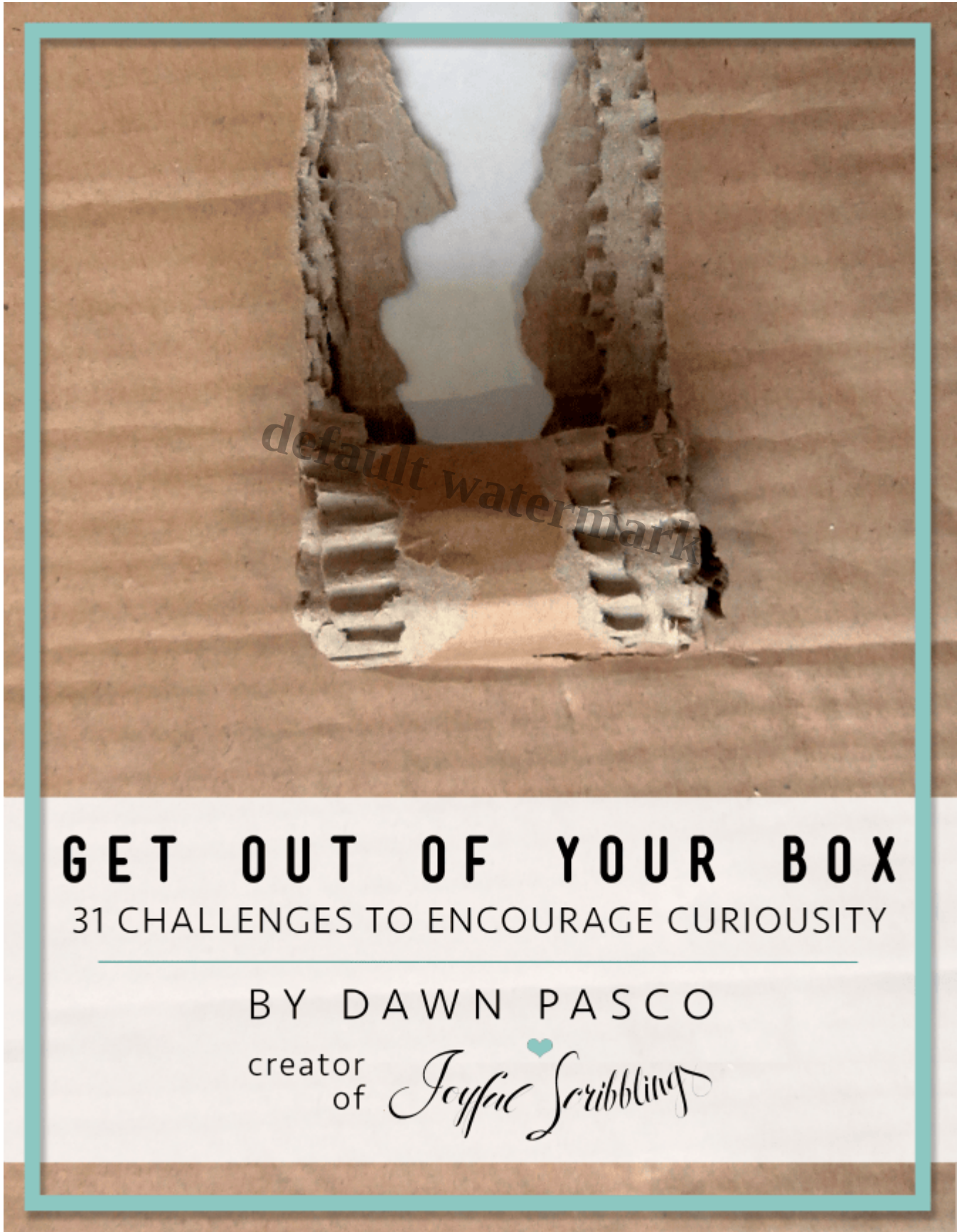




Get Out of Your Box Recap

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A year ago this month I created my free eBook filled with [31 Challenges to Encourage Curiosity](#). I'm a curious person by nature, but I can get into the habit of being on auto-pilot and sticking to certain routines. I feel most alive when I get out of my box and try something new. I created my monthly challenges to not only challenge you all, but to make myself accountable for trying new things. What I've learned is that getting out of your box is also a mindset. It can be as simple as not having a to do list and just going with the flow.

I'm someone who likes to have a plan. I also like lists and crossing things off my list. Some might say I have a type A personality. Spontaneity and surprises aren't my thing. I'm learning how to let go and go with the flow more. I recently listened to a great podcast from [The Jess Lively Show](#) that helps to explain what living in the flow means. It's a way of living in the present moment and trusting your inner guidance day by day instead of having your entire day planned by the minute.

I'm feeling like it's time to move on to different things, but I hope you've enjoyed my monthly Get Out of Your Box Challenges. It has been a year of new discoveries, experiences, paint colors, and recipes. My hope is that you will continue to challenge yourself and get out of your box.

Here is a recap of the year:

October- [11 Ideas to Live Curiously this fall](#)

November- [Make a pie crust from scratch](#)

December- [Out of the Box Gift Wrapping Ideas](#)

January- [Visit a Museum in Your Area: KC National WWI Museum and Memorial](#)

February- [Try a new physical activity or exercise class](#)

March- [Try a new recipe or cooking class](#)

April- [Try a new restaurant](#)

May- [Refresh or update a room in your home](#)

June- [Create a signature cocktail](#)

July- [Take ten photos of some of the simple joys of summer](#)

August- [Take a class on something that interests you](#)

September- [Update a room with a new paint color](#)

I hope you enjoyed this series. I'd love to hear if you joined me in any of the challenges and if you've been getting out of your box.

Date Created

2016/10/07

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