

30 DAY SAY YES CHALLENGE

IZ INVITES YOU TO TAKE THE 30 DAY YES CHALLENGE

- 1) PICK A CHALLENGE
- 2) COMPLETE THE CHALLENGE
- 3) TAG @IZADAPTIVE ON INSTAGRAM

1
MAKE A
RESOLUTION.

2
WEAR
SOMETHING NEW.

3
TAKE
CHANCES.

4
MAKE
MISTAKES.

5
GET
MESSY.

6
TRY
SOMETHING NEW.

7
CROSS IT OFF
YOUR BUCKET LIST.

8
CALL SOMEONE
INSTEAD OF
TEXTING.

9
HIT
THE ROAD.

10
BE A
HERO.

11
SWALLOW YOUR
INSECURITIES.

12
RELEASE YOUR
INHIBITIONS.

13
EAT SOMETHING
GROSS.

14
TAKE ON THAT
MOUNTAIN.

15
FINALLY FINISH
THAT PUZZLE.

16
WAKE UP WITH
THE SUNRISE.

17
REACH FOR A
BOOK INSTEAD
OF YOUR PHONE.

18
BE
SPONTANEOUS.

19
CATCH UP ON
YOUR FAVOURITE
TV SHOW.

20
REACH OUT TO
AN OLD FRIEND.

21
GETTING DRESSED
UP JUST BECAUSE.

22
HAVE AN
IMPROMPTU
DANCE PARTY.

23
SMILE AT A
STRANGER.

24
FIND
NEW MUSIC.

25
MAKE A FANCY
DINNER.

26
HANG OUT WITH
COWORKERS.

27
FOLLOW YOUR
DREAMS.

28
YOUR PARTNER
(OR NETFLIX)
PICKS THE MOVIE.

29
CHOOSE YOUR
OWN CHALLENGE.

30
CHOOSE YOUR
OWN CHALLENGE.

31
SAY YES.