

# Choose your challenge Quiz

What gets you up in the morning?

- A.  Putting my running shoes on
- B.  Coffee. And more coffee
- C.  My to-do list

What are you reading?

- A.  Travel books
- B.  Newspaper
- C.  A 'how to' guide - so much to learn!

Weekend's here!  
What are you up to?

- A.  Packing my suitcase (again)
- B.  Catching up with friends
- C.  Anything but sitting still

What's on the menu?

- A.  Health food
- B.  Any food
- C.  Brain food

Oh no!  
I've forgotten...

- A.  My passport
- B.  To get milk
- C.  A map

# What will it be?

Decisions, decisions. Tot up your answers and see what type of challenge matches your personality. Then, if you're stuck for ideas, take inspiration from our list.

## Mostly *As?* Choose *Adventure*

Do you ever sit down?! With boundless energy and permanent wanderlust, get set for another adventure.

### *How about:*

- ◆ The Three Peaks Challenge
- ◆ Completing the Mourne Wall Challenge
- ◆ Reliving your DofE expedition
- ◆ Cycle Land's End to John o'Groats
- ◆ Kayaking 100 miles
- ◆ Hiking Snowdon, with a map and compass – no smartphones allowed
- ◆ Going climbing, outside or inside

## Mostly *Bs?* Choose *Personal*

You like routine. But what about challenge? Prepare to push yourself away from your comfort zone – you can do this.

### *You could:*

- ◆ Overcome a fear
- ◆ Do something you've never done before
- ◆ Break a habit
- ◆ Make someone proud
- ◆ Give up something you love

## Mostly *Cs?* Choose *Skill*

Busy and inquisitive, you've always got time to learn a new skill. What's it going to be?

### *Why not:*

- ◆ Learn to knit, sell what you make
- ◆ Learn to bake and have a cake sale
- ◆ Learn to play an instrument and put on a performance
- ◆ Learn a language
- ◆ Start a dance troupe and choreograph a flash mob
- ◆ Learn woodwork and make something