

52 weeks of firsts



If you never try, you'll never know.

52 ideas

to get you started



Use these ideas as inspiration for your 52 weeks of firsts!

Take a cooking class	Learn a new language
Go skydiving	Take a weekend road trip
Go camping (or glamping!)	Visit a museum
Attend a music festival	Take a yoga or Pilates class
Join a book club (in person or online)	Take a photography class
Learn how to paddleboard	Visit a National Park
Go sailing	Take a pottery class
Visit a botanical garden	Go to a wine tasting
Go horseback riding	Visit an aquarium
Write a short story	Read a book outside your preferred genre
Volunteer at a shelter or soup kitchen	Go to a comedy club
Visit an art gallery	Go on an ocean or river cruise
Take a flying lesson	Try a new fruit or vegetable
Visit a farmer's market	Visit a historic site
Go on a bike tour	Take a martial arts class
Go to a concert	Go on a brewery tour
Attend a sports game	Learn to play a musical instrument
Take a wilderness survival class	Go on a hiking adventure
Buy stock in your favorite company	Start a blog
Make one of your grandma's recipes	Take a walk and say "hi" or wave to everyone
Teach your dog a new trick	Make a funny video
Write love letters to your family members	Run (or walk) a 5k
Plant a garden (or grow herbs in pots)	Attend a local theater class
Try a new cuisine	Raise money for your favorite charity
Go rock climbing	Explore a new town
Learn a new skill	Take a trip by train
Shop at a new store	Decorate your laundry room

my 52 firsts!



Fill in the chart with your 52 firsts.

Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	
Week 7	
Week 8	
Week 9	
Week 10	
Week 11	
Week 12	
Week 13	
Week 14	
Week 15	
Week 16	
Week 17	
Week 18	
Week 19	
Week 20	
Week 21	
Week 22	
Week 23	
Week 24	
Week 25	
Week 26	

my 52 firsts!



Fill in the chart with your 52 firsts.

Week 27	
Week 28	
Week 29	
Week 30	
Week 31	
Week 32	
Week 33	
Week 34	
Week 35	
Week 36	
Week 37	
Week 38	
Week 39	
Week 40	
Week 41	
Week 42	
Week 43	
Week 44	
Week 45	
Week 46	
Week 47	
Week 48	
Week 49	
Week 50	
Week 51	
Week 52	