

30 DAY CHALLENGES

by Brett Hutchinson



At a recent Proteus Educator Day our Leading Director, Richard Dore showed us a TED (www.ted.com) clip by Matt Cutts called 'Try Something New for 30 days'. Cutts discussed how he followed in the great footsteps of Morgan Spurlock from the movie *Super Size Me* and started to try new activities for a period of 30 days. These activities consisted of things he had always wanted to try – but hadn't – because he was too scared to try or because he was too nerdy to try – he was a computer scientist by trade.

What Cutts found is that you can do ANYTHING for 30 days. 30 days is almost the perfect time to create or break a habit (various studies show that it takes 28 days to create habit).

Cutts gave examples of how he cycled to work, took a photograph, gave up coffee or gave up chocolate – every day for 30 days. Some of these new activities (or giving things up) actually stuck – he started enjoying cycling to work and this led him onto further adventures that he previously would not have even contemplated – such as climbing Mount Kilimanjaro.

Cutts also found that BIG challenges were great and fun but it was the SMALL changes that were SUSTAINABLE. These small changes could be included into your life on a more regular basis and really change the way you lived.

MY 30 DAY CHALLENGES

Since seeing this short clip I have taken on several 30 day challenges. These have included talking to fellow Proteus Educators on how they deliver particular training sessions, 40 sit ups and 2 x 1 minute 'hovers', taking a picture, getting up at 5.30am and no beer drinking – for 30 days.

I found the first challenge of talking to other Proteus Educators about the activities and stories they use when delivering training both educational, helpful with my training and also challenging to find the time to add this task into the days normal proceedings. Some days it was easy, others it wasn't (about days 9 and 18 tended to be the low points that were harder to keep the momentum going) but to push through these harder times was very rewarding in the end.

What I have learnt from these challenges is that knowledge sharing amongst your team is critical to your own development as well as theirs and I was able to share all the information I obtained from this challenge, with all Proteus staff.

From my other 30 day challenges I learnt that the morning is the best part of the day, cider is a great drink and sit-ups are over-rated. Getting up early is now part of my routine, cider is now my drink of choice however I will not be a professional photographer or have a rock hard six pack anytime soon.

My current 30 day challenge is to watch a short Leadership Development video clip every day (from TED, YouTube or any Leadership Guru's website) – these range from 3 minutes to 20 minutes and provide all sorts of educational, motivational and often inspiring information. I have also set my next Challenge to be NO TELEVISION for 30 days. Back to listening to the radio and playing outside it is.

MY CHALLENGE TO YOU

My Challenge to You is to try something that you have always wanted to do – FOR the next 30 days. As Cutts says himself, the next 30 days are going to pass whether you like it or not so why don't you... do YOGA, walk in the mornings, read a new book, learn a new language, tell someone you love them, give up coffee or sugar or simply take a photograph of where you are... every day for the next 30 days. You never know... the new habit may just stick.

Good Luck!



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