

30 Day Rejection Therapy Checklist

Day 1: Ask for a free drink at a bar.

Day 2: Ask a stranger for gum.

Day 3: Ask a stranger for a piggyback ride.

Day 4: Ask a store manager to see their break room.

Day 5: Ask for a free upgrade on a flight, hotel, or rental car.

Day 6: Ask to be interviewed on camera when you see a news film crew.

Day 7: Ask for a side of steak at a vegetarian restaurant.

Day 8: Ask for a discount . . . anywhere.

Day 9: Ask someone if you can cut in line.

Day 10: Ask a chef to teach you how to make one of their recipes

Day 11: Ask a stranger to dance in a public place (with or without music).

Day 12: Ask to move to first-class on an airplane

Day 13: Ask a random person to trade something they have for something you have.

Day 14: Ask a stranger if they'll join you for lunch.

Day 15: Ask a server if you can help serve a table

Day 16: Ask a stranger to sing with you in public.

Day 17: Ask a neighbor to lend you a cup of sugar (even if you don't need it).

Day 18: Ask a coworker if they'll trade desks with you for a day.

Day 19: Ask a stranger if they'll take a picture with you

Day 20: Ask a barista if they'll create a new drink and name it after you.

Day 21: Ask a stranger to teach you a skill they know (e.g., juggling, drawing, etc.).

Day 22: Ask a stranger if you can join their group or table at a restaurant.

Day 23: Ask a DJ at an event or club to let you play a song.

Day 24: Ask a bakery to give you a free sample of their best dessert.

Day 25: Ask someone if you can try on their glasses.

Day 26: Ask someone on the street if you can take a photo of them.

Day 27: Ask a random person to trade something they have for something you have.

Day 28: Ask a restaurant if you can order something that isn't on the menu.

Day 29: Ask a stranger if they'll teach you a dance move.

Day 30: Ask a stranger to give you a hug.