

50+ DARING IDEAS



Acts of Courage

1. Dare to be courageous: Cut your hair short
2. Dare to be courageous: Grow out your moustache or sideburns
3. Dare to be courageous: Bungee jump or sky dive
4. Dare to be courageous: Learn to swim (as an adult)
5. Dare to be courageous: Get married
6. Dare to be courageous: Sing karaoke or do stand up comedy
7. Dare to be courageous: Go scuba diving
8. Dare to be courageous: Go surfing
9. Dare to be courageous: Take a polar bear swim
10. Dare to be courageous: Let your grey hair grow in
11. Dare to be courageous: Conquer your fear of flying

Ingenuity

12. Dare to be ingenious: Dress up as your favourite superhero
13. Dare to be ingenious: Wear your clothes backwards
14. Dare to be ingenious: Form a human AIDS ribbon
15. Dare to be ingenious: Busk on a street corner
16. Dare to be ingenious: Wear a tutu, wetsuit or water wings in public
17. Dare to be ingenious: Perform a dance routine in public
18. Dare to be ingenious: Organise a talent show
19. Dare to be ingenious: Portage a canoe through downtown
20. Dare to be ingenious: Dye your hair purple
21. Dare to be ingenious: Walk backwards for a day
22. Dare to be ingenious: Write your first short story or novel
23. Dare to be ingenious: Make a movie, write a song, or blog about HIV/AIDS
24. Dare to be ingenious: Get some friends together and build a tricky bike trail
25. Dare to be ingenious: Use a compass, the sun and your wits to orienteer
26. Dare to be ingenious: Challenge your friends to a Wii competition
27. Dare to be ingenious: Get 10,000 people on your Twitter account
28. Dare to be ingenious: Organize an interactive art show outdoors

Determination

29. Dare to be determined: Stop biting your nails
30. Dare to be determined: Give up coffee for a month
31. Dare to be determined: Quit smoking
32. Dare to be determined: Turn off the TV for a week
33. Dare to be determined: Get your driver's license
34. Dare to be determined: Run 5km, 10km, a half marathon... or a full marathon
35. Dare to be determined: Put away your Blackberry for a week
36. Dare to be determined: Give up alcohol for a month
37. Dare to be determined: Walk, bike or swim 7200 km – the distance from Cairo to Cape Town
38. Dare to be determined: Leave the car at home for a week
39. Dare to be determined: Give up texting or Facebook for a month
40. Dare to be determined: Read 10 books in a month
41. Dare to be determined: Knit your first scarf or make a quilt
42. Dare to be determined: Take the stairs everywhere you go
43. Dare to be determined: Do a yoga marathon
44. Dare to be determined: Remain silent for a day
45. Dare to be determined: Walk or bike to work
46. Dare to be determined: Don't eat out for a month



Strength in Community

47. Dare to build strength in your community: Clean up your local park
48. Dare to build strength in your community: Organise a block party
49. Dare to build strength in your community: Host a Scrabble tournament
50. Dare to build strength in your community: Paint a mural in your neighbourhood
51. Dare to build strength in your community: Volunteer at a local hospital or food bank
52. Dare to build strength in your community: Host a chilli cook-off
53. Dare to build strength in your community: Speak about HIV/AIDS to your class
54. Dare to build strength in your community: Build a community garden
55. Dare to build strength in your community: Host a dinner party
56. Dare to build strength in your community: Have a "no waste" week
57. Dare to build strength in your community: Make lunch for your co-workers for a week
58. Dare to build strength in your community: Start a Dare Chain: do a dare, then dare a friend...
59. Dare to build strength in your community: Organize a clothing drive for refugees
60. Dare to build strength in your community: Host an iPod party
61. Dare to build strength in your community: Organise a bike ride through the city
62. Dare to build strength in your community: Organise a sports day with your friends