

30 DAY WONDER CHALLENGE

30 CHARMING TESTS AND TWISTS FOR YOU TO MAKE
THE EVERYDAY A LITTLE MORE WONDERFILLED.

1 SING-A-LONG IN THE SHOWER

BOOST YOUR BATH TODAY. SING YOUR FAVORITE SONG AS LOUD AS YOU DARE IN THE SHOWER.



FUN FACT
Channeling your inner shower showstopper not only makes your neighbor smile, but shower singing is also good for many other things. Research has even linked singing to living longer. So go on, belt that song out in the bath every morning.

Source: The New York Times. Singing in the Shower: Does it Let Us Release Our Stress and Worry? September 2015

2 WONDER IF YOU GAVE AN OREO...

WHEN IS THE LAST TIME YOU GAVE A FRIEND OR A NEIGHBOR A LITTLE SOMETHING A LITTLE TON OF AFFECTION? TRY GIVING AN OREO TO MAKE THEIR DAY MORE WONDERFILLED.



FUN FACT
Random acts of kindness can make a world of difference in somebody else's day. But it is good for you, too. Doing nice things literally makes you a nicer person, making you feel better about yourself – more optimistic, kind and positive.

Source: The New York Times. Random Acts of Kindness: How to Make a Difference in Your Community October 2014

3 TRICK YOUR TREATS

TODAY WE CHALLENGE YOU TO HACK YOUR TASTE BUDS. EAT LIKE YOU DO EVERY DAY, BUT TRY HOLDING YOUR NOSE WHILE CHOMING TO EXPERIENCE NEW TASTES. JUST DON'T CHEW WITH YOUR MOUTH OPEN, THAT'S DISGUSTING.



FUN FACT
We eat many things without paying much attention to how it tastes. So today we want you to play with your food. Our brains are hardwired to remember different tastes – even more than the taste buds. So bounce your tongue and try to identify the different tastes in a mouthful.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

4 WHO IS THE CHAMPION?

GET READY TO DINK WITH OREO. CHALLENGE A FRIEND TO A BASKET BATTLE. TAKE TURNS THROWING PAPER BALLS. THE WINNER TAKES IT ALL – OR GETS AN OREO YOU DESERVE. JUST PLAY THE WINNING OREO.




FUN FACT
For many people, good colleagues are the most important thing about a workplace. A little friendly competition with your colleagues actually boosts morale, teamwork, skills and trust among the colleagues. So challenge a friend for a little fun – and BEAT THEM.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

5 CUTENESS OVERLOAD AHEAD

IT'S TIME TO FIND YOUR INNER DR. DOOTILE AND RE-CONNECT WITH YOUR FURRY FRIENDS. SO WE CHALLENGE YOU TO GOOGLE IMAGES OF "CUTE BABY PREGNANT" FOR AT LEAST 5 MINUTES. CAREFUL – BE AWARE OF CUTENESS OVERLOAD!



FUN FACT
Ever wondered why your Facebook feed is flooded with cute animals and funny cat videos? Sharing social content that makes others smile or laugh ensures that this response is attributed to us. Making someone else smile thus makes us happy in return.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

6 START A NEW TRADITION

DO SOMETHING YOU HAVEN'T DONE IN A WHILE. TODAY IS MUCH MORE THAN WEDNESDAY. MAKE TODAY THE DAY TO DO SOMETHING SPECIAL. START A WONDERFILLED ANNUAL TRADITION.




FUN FACT
A good tradition can (almost) replace a sweater. It's true – traditions can make you happier and keep you warm in winter. Research shows that traditions make for stronger memories that help us feel warmer on colder days.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

7 LAUGH YOURSELF HAPPY

DON'T TAKE YOURSELF TOO SERIOUSLY. HERE'S TODAY'S EXERCISE. STAND IN FRONT OF THE MIRROR AND FORCE YOURSELF TO START LAUGHING BY SAYING "HANA HONO" OUT LOUD.



FUN FACT
We know, it feels a little silly. But guess what, Santa should really have six pack abs, because not only does laughing even if you force it make you happier, it is also good exercise. If you laugh 100 times, it is just as effective as 15 minutes on an exercise bike.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

8 TIP YOUR HAT

FEELING CHEERFUL? TODAY WE CHALLENGE YOU TO SAY "GOOD MORNING" TO AT LEAST 10 PEOPLE ON YOUR WAY TO WORK OR SCHOOL. JUST BE CHEERFUL AND WISH THEM A GOOD AND WONDERFILLED MORNING.



FUN FACT
Mornings and morning commutes are typically characterized by routines. But actually not only our own, in large groups, we tend to imitate others' behavior. Therefore, if you say "good morning" you might start a whole chain of good around you with your happy little morning salute.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

9 SAY YES... AND ONLY YES!

EVER WONDER WHAT HAPPENS IF YOU ONLY SAY "YES"? TODAY IS ABOUT EMBRACING OPPORTUNITIES. TAKE AN ADVENTURE. SAY "YES" TO LIFE.




FUN FACT
Being a "yes-woman" for a day is a fun way of challenging yourself to be open to more opportunities. Saying yes to minor things in your daily life may give opportunities and make you happier. Stay open to the things that may pass you by today.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

10 CELEBRATE TODAY

YEP! WELL DONE! YOU CELEBRATE ALL THE SMALL VICTORIES THAT FILL YOUR DAY WITH JOY AND WONDER. GIVE YOURSELF THAT DESERVED PAT ON THE SHOULDER.



FUN FACT
Make this day about YOU or your new shoes. Or Wednesday. Because celebrating something for yourself builds self-respect and self-esteem, and you deserve it, you did it.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

11 BE THE GOOD SAMARITAN

TODAY YOU ARE TO HELP SOMEONE ON YOUR PATH – FRIEND OR STRANGER. DO A LITTLE DEED. HELP SOMEONE IN NEED!



FUN FACT
Aside from making someone's day more wonderfilled, being a good Samaritan and helping someone actually makes you live longer. Studies show that coming, huh! It also boosts your mood, giving the brain a "helper's high", a kick of happy thoughts that cheer you up.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

12 RISE & SHINE – STRETCH YOUR SPINE

HELLO BEAUTIFUL. TODAY WE WANT YOU TO DO A LITTLE MORNING STRETCH. LOOSEN UP ANY OVERNIGHT TENSION. JUST PRETEND YOU ARE REACHING FOR AN OREO ON THE FLOOR. AND TELL YOUR BODY GET READY TO ROCK TODAY'S CHORES.



FUN FACT
Did you know that stretching is good for you? Yeah – bet you've heard that before. We don't want to roll it in or anything – just do a light "hand and snap" stretch out of bed, and you will reduce notions of stress. And who doesn't want less stressful mornings?

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

13 HEY, I REALLY LIKE YOUR SHOES!

BRIGHTEN UP SOMEBODY ELSE'S DAY AND GIVE THEM A COMPLIMENT. GO UP TO A RANDOM STRANGER AND TELL THEM SOMETHING NICE.




FUN FACT
Everyone loves compliments. It will make their day, and they will feel happier and confident. But guess what, Santa should really have six pack abs, because not only does laughing even if you force it make you happier, it is also good exercise. If you laugh 100 times, it is just as effective as 15 minutes on an exercise bike.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

14 GIVE A LITTLE CALL, SHOW A LITTLE LOVE

TIME GOES BY AND WE DON'T TALK ANYMORE – BUT MEMORIES LAST FOREVER. AND TODAY WE MAKE AROUND CALL AN OLD FRIEND OR FAMILY MEMBER YOU HAVEN'T TALKED TO IN A LONG TIME. THEY WILL LOVE TO HEAR FROM YOU.



FUN FACT
The flashbacks to the good old days are actually good for more than catching up. Sounds odd – we know – but this nostalgic catch-up is a heavy mood booster, which not only improves our self-esteem, it also makes you more optimistic about the future. True story.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

15 THROW YOUR CARES AWAY

TODAY'S THE DAY TO LET GO OF THOSE SMALL ANNOYING THINGS. LIKE A LOST ARGUMENT OR SOMEONE JUMPING THE QUEUE. LET IT GO. YOU CAN'T DO ANYTHING ABOUT IT ANYWAY.



FUN FACT
These little nuisances can really push some buttons. But today you take that annoying little thing and throw it away. And speaking of letting go – did you know that "let it go" became the 25th biggest selling digital single of all time.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

16 "DEAR DIARY, I'M AWESOME! THAT'S ALL"

PICK UP A PEN AND A PIECE OF PAPER. WRITE DOWN 3 THINGS YOU LIKE ABOUT YOURSELF. LOOK AT THE PAPER. FEEL THE AWESOME. THEN CHRY ON WITH YOUR DAY AS THE COOL CAT YOU ARE.




FUN FACT
Scribbling down nice things about yourself may feel a little silly, but really, it is a confidence booster, putting these things at the top of your head. Whether you're good at brain surgery, baking or beating your friends at Monopoly, put down your favorite things about yourself. Cause you're awesome.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

17 PARTY ON A WEDNESDAY

WHAT'S COOKING, GOOD LOOKING? TODAY IS ALL ABOUT FEELING FABULOUS AND HAVING FUN. FEELING YOUR BEST WILL HELP GET THE WEDNESDAY PARTY STARTED AND MAKE TODAY WONDERFILLED.

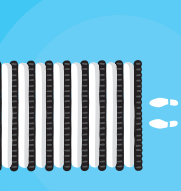


FUN FACT
Feeling your look today? Wearing an outfit that makes you feel confident and comfortable is a significant mood booster. Confidence is the best thing a person could wear. But wear some clothes too – otherwise people will stare.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

18 CROSSWALK CULTURE

REMEMBER WHEN YOU GREW UP AND CROSSWALKS WERE FUN? WELL – TODAY IS FLASHBACK FRIDAY. YOU CAN ONLY WALK ON THE WHITE STRIPS. WATCH CROSSING THE ROAD. WATCH YOUR STEP – AND WATCH OUT FOR TRAFFIC TOO!



FUN FACT
Did you know that all zebras have unique individual stripe patterns? Like a full-body fingerprint. It's Oreo colors. How cool is that?

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

19 HANDS UP FOR HIGH FIVE FRIDAY

LET'S RAISE OUR HANDS AND CELEBRATE HOW WONDERFILLED THE WEEK HAS BEEN. A HIGH FIVE IS A GREAT WAY TO CREATE A LITTLE HYFE IN THE EVERYDAY. HANGMAN, ALSO – IT LOOKS COOL.



FUN FACT
High fives are great for more than making you look cool. Physically high fiving releases a little hormone that actually helps build interpersonal relations and relieve stress and depression. Tip: look at the elbow of the person you're high fiving. That will make the high five hit spot on.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

20 CLAP YOUR HANDS

GIVE YOURSELF A ROUND OF APPLAUSE. TODAY'S CHALLENGE IS CLAPPING. SO GIVE YOURSELF A HAND. IT'S GOOD FOR YOU – AND YOU DESERVE IT. YOU CAN ALSO GATHER A GROUP OF FRIENDS AND CLAP AT EACH OTHER IF THAT IS MORE FUN.




FUN FACT
Even though we usually only clap at social functions, there are in fact 39 different applause points in your brain, which are stimulated by your body. So much that clapping every day will actually improve your health. But also – it's fun to go ahead – give yourself that standing ovation.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

21 DO THE OREO CHOREOGRAPHY

DO YOU HAVE HAPPY FEET TODAY? CHOOSE YOUR TUNE. PUT YOUR HEADSET ON AND START TO BOOGIE. TWIST AND TWIRL. A DANCE TO YOUR FACE.



FUN FACT
Put on your dancing shoes. Because whether you like dancing or not, a little boogie session has been shown to strengthen you against stress, depression and anxiety alike. Dancing will improve your mood for the entire day. You can even dance without music, if you want – just imagine it.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

22 PLAY THE DUNKING DUEL

READY FOR A LITTLE COMPETITION? TAKE A COOKIE BREAK AND CHALLENGE A FRIEND OR CO-WORKER TO A LICK RACE. WHO IS FIRST TO TASTE LICK OF THE CREAM AND DUNK THE OREO COOKIE IN MILK? GO!




FUN FACT
A little harmless competition never hurt anyone. In fact, short and friendly competitions will give you drive and boost performance. Also – you get to eat the cookie in the end – so everybody wins.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

23 BE THE WISE GUY/GIRL

THESE DAYS WE HAVE ALL THE KNOWLEDGE IN THE WORLD IN OUR POCKET. BUT HONESTLY, WHEN WAS THE LAST TIME YOU LEARNED SOMETHING NEW? GO LEARN TODAY. LOOK AT YOU – ALL SMARTY PANTS KNOW-IT-ALL CUTE.




FUN FACT
Now you're thinking that you have to study and all, don't you? Ugh! But don't worry – it doesn't need to be rocket science or fluency in Swedish. It doesn't even need to make you much smarter, because actually learning is itself will make you happier. Go figure.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

24 TURN THAT FROWN UPSIDE DOWN

TURN THAT FROWN UPSIDE DOWN. TODAY IS ALL ABOUT SMILING. SMILE TO THE PEOPLE YOU MEET TODAY AND SEE HOW THE WORLD LIGHTS UP.



FUN FACT
Smiling has a positive effect, not only on you, but also the people around you. Research shows that smiling – as in making the facial expressions connected to happiness – will make you feel that exact feeling. So smiling is physically good for you. Almost like exercise – just better.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

25 SHARE YOUR DREAM

IMAGINE IT'S RAINING OREO COOKIES

SOME HAVE BIG DREAMS THAT MAKES THE WORLD A MORE BETTER PLACE. THE REST OF US HAVE LESS AMBITIOUS DREAMS. BUT DREAMING IS IMPORTANT. THIS IS HOW WE CAN MAKE THE EVERYDAY MORE WONDERFILLED. TODAY YOU ARE TO SHARE YOUR DREAM WITH SOMEONE ELSE.



FUN FACT
Dreaming is good for you, because it makes it easier to keep a positive attitude and focus in your life. But it is also inspiring for others and can help make their days brighter. So share your dream – big or small. A new bike, a new job. Or that it's raining Oreos. You know – important things.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

26 THINK SAME SAME, BUT DIFFERENT

REMEMBER GROWING UP HOW ANY HOUSEHOLD OBJECT COULD BE A SWORD OR A WAND. DIG UP THAT INVENTIVE INNER KID TO FIND UNUSUAL USE FOR AN EVERYDAY OBJECT. USE A PEN AS A COFFIN FOR YOUR HAIR. OR A BOTTLE AS A MAGNIFYING GLASS. IT CAN TURN YOUR DAY UPSIDE DOWN.



FUN FACT
It may sound odd – looking at a coffee cup, thinking about how to use it differently. But it is a neat trick to force your brain to be creative. It loves these little challenges – and therefore your mind will be more positive. And who knows – maybe you end up with the next big hit. Either way, you'll never look at that coffee cup the same way again.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

27 DO THE HUFF 'N' PUFF-OFF

CHALLENGE A COLLEAGUE TO BLOW A PAPER BALL (OR AN OREO COOKIE) ACROSS THE TABLE. WHO HAS GOT THE NICEST SET OF LUNGS? WHO WILL WIN?



FUN FACT
Exhaling is good exercise. And also very entertaining to look at. If you feel very confident, choose a bigger desk. Or do it on the floor.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

28 SHARE THE LOVE!

TODAY YOU ARE TO SHOW YOUR LOVE TO ANYONE SPECIAL. YOUR FAVORITE THING OF BE IT A FRIEND, OR SOMEONE SWEET. GIVE THEM A COOKIE – A LOVER'S TREAT.



FUN FACT
Did you know that giving gifts or doing something nice for others is good for your health as well as your relationship? Studies show that giving reduces stress and thus decreases the risk of associated health problems. So share the love. Your loved ones will feel special – and you will feel great too.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

29 MAKE YOUR MARK

LEAVE A SIGN TO SHOW YOU'VE BEEN HERE. TODAY'S CHALLENGE IS TO MAKE A TRAIL OF SMILEYS. ON THE TOILET. MIRROR TO THE BATHROOM. ON A POST-IT. NOTE. AND IN YOUR TEXT MESSAGES. SHARE YOUR SMILES WITH YOUR SURROUNDINGS AND PAY IT FORWARD WITH SMILEYS.



FUN FACT
Did you know, that if you leave a note with a smiley or send it in a text, people will read it to find out if you had been smiling to them even if you are not there.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014

30 TREAT YOURSELF

TAKE A MOMENT TODAY TO TREAT YOURSELF BY DOING SOMETHING NICE TO YOURSELF. TAKE A LONG BATH. ENJOY A NICE CUP OF TEA. GO EARLY TO BED. OR DUNK AN OREO. TODAY YOU ARE TO PAMPER YOURSELF BY DOING SOMETHING THAT MAKES YOU RELAX. AAAAAA.



FUN FACT
Pampering yourself not only makes you feel good. Actually, taking this time to treat yourself will make you more optimistic and also strengthen you against stressful moments.

Source: The New York Times. The Science of Food: How to Hack Your Taste Buds October 2014