

## **USA 250 Challenge: 250 Ways to Get Involved**

### **Mental & Emotional Wellness**

1. Meditate for 10 minutes
2. Write in a journal
3. Share your story with someone
4. Speak to a therapist or counselor
5. Read a motivational book
6. Attend a wellness workshop
7. Practice gratitude (list 5 things daily)
8. Create a vision board
9. Forgive someone (or yourself)
10. Do a random act of kindness
11. Join a support group
12. Watch an inspiring documentary
13. Spend time in nature
14. Write a poem or song
15. Identify and reframe a negative thought
16. Set healthy boundaries
17. Create a calming space at home
18. Do a breathing exercise
19. Compliment a stranger
20. Take a social media break

### **Physical Health & Activity**

21. Walk 2 miles
22. Try yoga or stretching
23. Take a fitness class
24. Drink 8 glasses of water
25. Eat 5 servings of vegetables
26. Try a new healthy recipe
27. Limit added sugars for a week
28. Ride a bike
29. Get 8 hours of sleep
30. Take the stairs
31. Try a dance workout
32. Go for a swim
33. Do 10 pushups a day for a week
34. Learn a new sport
35. Get a physical exam

36. Take a walk at sunrise
37. Do a digital detox
38. Volunteer at a 5k or walk
39. Cook a homemade meal
40. Track your steps for 7 days

## **Connection & Support**

41. Call an old friend
42. Write a thank-you letter
43. Visit a neighbor
44. Invite someone to coffee
45. Join a club or group
46. Attend a community event
47. Mentor someone
48. Help a veteran
49. Send a care package
50. Host a potluck
51. Talk to someone who is lonely
52. Introduce yourself to someone new
53. Celebrate someone else's success
54. Share a meaningful quote
55. Start a group chat for support
56. Text "I'm thinking of you" to 3 people
57. Offer to run errands for someone
58. Volunteer to drive someone
59. Bake and share treats
60. Attend a veteran support meeting

## **Patriotism & Service**

61. Display the American flag
62. Thank a veteran or service member
63. Visit a VA hospital
64. Volunteer at a Legion post
65. Share a patriotic post
66. Learn the lyrics to the national anthem
67. Attend a Memorial Day or Veterans Day event
68. Help organize a flag retirement ceremony
69. Place flags at gravesites
70. Donate to a veteran cause
71. Teach a child about patriotism

72. Support a military family
73. Send a postcard to a deployed troop
74. Lead the Pledge of Allegiance
75. Share your service story
76. Wear red on Friday (R.E.D. Friday)
77. Submit a veteran story to your local paper
78. Create a display of military memorabilia
79. Visit a war memorial
80. Volunteer with Honor Flight

### **Personal Growth & Learning**

81. Take an online class
82. Learn a new skill
83. Read a biography
84. Start a hobby
85. Visit a museum
86. Watch a TED Talk
87. Learn CPR
88. Listen to an educational podcast
89. Take a financial literacy course
90. Learn about a different culture
91. Join a book club
92. Learn basic sign language
93. Start a gratitude journal
94. Take a break from multitasking
95. Set a new goal
96. Celebrate small wins
97. Learn about your heritage
98. Reflect on your purpose
99. Study a new language
100. Create a personal mission statement

### **Self-Care**

101. Schedule a check-up
102. Take a mental health day
103. Do a face mask or skincare routine
104. Light a candle and relax
105. Take a bubble bath
106. Treat yourself kindly
107. Listen to your favorite music

- 108. Take a nap
- 109. Say “no” to something that drains you
- 110. Buy yourself flowers
- 111. Go offline for 24 hours
- 112. Plan a solo date
- 113. Revisit an old hobby
- 114. Declutter your space
- 115. Watch your favorite movie
- 116. Do something spontaneous
- 117. Make a playlist for your mood
- 118. Get a massage or bodywork
- 119. Color or draw
- 120. Cook your favorite comfort food

### **Community & Giving Back**

- 121. Volunteer at a shelter
- 122. Clean up a park
- 123. Donate gently used items
- 124. Organize a fundraiser
- 125. Tutor or mentor youth
- 126. Lead a neighborhood cleanup
- 127. Help an elderly neighbor
- 128. Create care kits for the homeless
- 129. Foster a pet
- 130. Plant a tree
- 131. Host a drive (food, coats, toys)
- 132. Join a civic committee
- 133. Advocate for a cause
- 134. Teach someone a skill
- 135. Support local businesses
- 136. Help at an animal shelter
- 137. Organize a charity walk
- 138. Cook for a neighbor
- 139. Write letters to elected officials
- 140. Join a local board

### **Celebration & Motivation**

- 141. Create a countdown to a goal
- 142. Host a celebration for someone else
- 143. Plan a patriotic holiday event

- 144. Make a “success wall”
- 145. Write affirmations
- 146. Record a video message
- 147. Share a weekly win
- 148. Make a photo collage
- 149. Create a family heritage scrapbook
- 150. Celebrate your own progress

### **Challenge Yourself**

- 151. Do something that scares you
- 152. Try something new once a week
- 153. Speak in public
- 154. Say “yes” to a new opportunity
- 155. Run or walk your first race
- 156. Join a committee or board
- 157. Ask for help
- 158. Share a struggle
- 159. Go 30 days alcohol-free
- 160. Host a challenge group
- 161. Wake up an hour earlier for 7 days
- 162. Unplug every Sunday
- 163. Write your story
- 164. Take a leadership role
- 165. Start a podcast or blog
- 166. Apply for a scholarship or award
- 167. Declutter one drawer daily
- 168. Learn to say no
- 169. Create a personal challenge
- 170. Stick to a new habit for 30 days

### **Relationships & Family**

- 171. Plan a family picnic
- 172. Interview a grandparent or elder
- 173. Share a family recipe
- 174. Host a movie night
- 175. Create a family mission statement
- 176. Cook a meal together
- 177. Write letters to family members
- 178. Start a family tradition
- 179. Create a family calendar

180. Visit family history sites
181. Tell someone you love them
182. Organize a family Zoom call
183. Go on a day trip
184. Create a family vision board
185. Share photos or memories
186. Host a game night
187. Plan a legacy project
188. Record family stories
189. Support a family member's dream
190. Take a family walk

### **Spiritual & Reflective**

191. Pray or reflect daily
192. Attend a spiritual service
193. Visit a sacred site
194. Light a candle for someone
195. Read spiritual texts
196. Create a peace garden
197. Journal your beliefs
198. Practice forgiveness
199. Find a quote that guides you
200. Join a spiritual group

### **Creative Expression**

201. Paint or draw
202. Write a poem or song
203. Design a flyer or graphic
204. Decorate your home for a holiday
205. Create a patriotic art piece
206. Start a scrapbook
207. Try photography
208. Re-purpose old materials
209. Make a video
210. Record a podcast
211. Design a T-shirt
212. Write a short story
213. Learn a craft
214. Make a playlist
215. Create your own challenge tracker

## **Pets & Animals**

- 216. Walk a dog for a friend
- 217. Volunteer at a shelter
- 218. Foster a rescue pet
- 219. Donate to an animal charity
- 220. Make DIY pet toys
- 221. Host a pet photo contest
- 222. Organize a pet supply drive
- 223. Learn pet CPR
- 224. Groom or bathe a pet
- 225. Teach a pet a new trick

## **Veteran & Military Support**

- 226. Support “Be the One” mission
- 227. Share the crisis line: 988 + 1
- 228. Distribute flyers about suicide prevention
- 229. Help a veteran with errands
- 230. Host a veteran storytelling event
- 231. Raise funds for veterans in need
- 232. Create care packages for military
- 233. Join a buddy check program
- 234. Write thank-you notes to veterans
- 235. Organize a flag placement day

## **Legacy & Leadership**

- 236. Write a legacy letter
- 237. Donate your time or story to history
- 238. Nominate someone for an award
- 239. Lead a challenge team
- 240. Mentor young leaders
- 241. Share your leadership lessons
- 242. Help a veteran apply for benefits
- 243. Start a community project
- 244. Encourage others to join the USA 250
- 245. Record a testimonial

## **Final 5: Make It Count**

- 246. Complete your personal top 25
- 247. Inspire someone to start their challenge
- 248. Finish all 250 and celebrate
- 249. Share your story with The American Legion
- 250. Be the One. Save a Life. Change a Life.