

5 interesting project ideas and a project framework

For all the projects, I recommend you to tag along a friend. Else, announce the project to 5 of your friends and hold yourself accountable to them.

1. Eat only healthy food for 7 days

Here's an [article at Shape](#) that details the diet you can follow.

2. Talk to 30 strangers in 30 days

Here's a [case study of Andrew Elsass](#) in which he talked with 118 strangers in 30 days. You can learn from his experience, gather courage and give a shot to talking with one stranger everyday.

3. Eliminate TV and Smartphone from your life beyond 7 pm for 14 days

I don't have an article for this study. But you need to replace this time with more productive and useful activities like reading, exercise and writing.

4. Take the 6 weeks to 100 pushups challenge

This structured challenge is a great way to kick off an exercising habit. Get started by taking the [initial test](#).

5. Learn to fluently speak a new language in 3 months

Instead of passive information consumption, I recommend you to actively practice speaking it daily. Having a friend will be a huge benefit for this project. Here are [some tips](#) and here's are [5 actionable steps](#) to get you started.

For designing your project, you can follow the S.M.A.R.T. framework. Here's what each character stands for:

- Specific – Your project should target a specific area of your life.
- Measurable – Your progress must be quantifiable to numbers.
- Attainable – The goal must be realistic based on other activities happening in your life.
- Relevant – The project has to establish relevance with your life philosophies.
- Time-bound – You need to achieve the goal within a prespecified period.

Michael Hyatt further elucidates the SMART goal setting process in [this article](#).