

EXPERIENCE OTHER PEOPLE'S PASSIONS

AN INSPIRATIONAL LIST TO INSPIRE EXPERIENCES

You don't have to love what someone else loves to appreciate why it matters to them. Use this list to enter other people's worlds with curiosity and enthusiasm.

☐ Attend a Major League Baseball game	☐ Visit an art museum
☐ Go to an NFL, NBA, NHL, MLS, NWSL, or WNBA game	☐ Visit a history museum
☐ Attend a minor-league sporting event	☐ Go to a science museum
☐ Watch a sport you've never seen before	☐ Attend a cultural festival
☐ Go to a high school sporting event	☐ Watch a parade
☐ Attend a musical	☐ Attend a county or state fair
☐ See a play	☐ Go to a farmers market
☐ Go to a symphony	☐ Attend an event where you are clearly not the target audience—and be curious about why other people love it
☐ Attend a live concert	

Pick one. Try it. Reflect on it. Then choose another.

Disclaimer: Make sure to follow all safety protocol and research the industry's safe ways to do anything from the above list.

LEARN HOW OTHER PEOPLE LIVE

AN INSPIRATIONAL LIST TO INSPIRE EXPERIENCES

Empathy grows when our world gets bigger. Seek experiences that introduce you to different communities, traditions, jobs, histories, routines, and ways of seeing the world.

☐ Take public transportation in an unfamiliar city	☐ Tour a working farm
☐ Visit a rural community if you've always lived in a city	☐ Visit a factory or manufacturing facility
☐ Spend meaningful time in a major city if you've always lived somewhere rural	☐ Visit a courthouse and observe proceedings
☐ Travel somewhere where you don't speak the primary language	☐ Attend a city council or local government meeting
☐ Eat at a restaurant serving food you've never tried	☐ Talk with someone whose job you know almost nothing about
☐ Let someone else order for you at a restaurant from their culture	☐ Ask an older person about what the world was like when they were your age
☐ Visit a place of worship different from your own	☐ Ask an immigrant about the place they grew up—when they're comfortable sharing
☐ Attend a cultural celebration as a respectful guest	☐ Read a book written by someone whose life is very different from yours
☐ Visit a historic site connected to a difficult part of history	

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SERVE SOMEONE

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Service turns empathy into action. Look for opportunities to contribute your time and effort, build relationships, and notice what your community needs.

☐ Serve a meal at a shelter or community kitchen	☐ Read with a younger child
☐ Volunteer at a food pantry	☐ Tutor someone
☐ Pick up litter that isn't yours	☐ Help someone move
☐ Volunteer at an animal shelter	☐ Mow a neighbor's lawn without being paid
☐ Help maintain a trail	☐ Cook for someone going through a difficult time
☐ Participate in a stream cleanup	☐ Volunteer somewhere repeatedly rather than just once
☐ Deliver groceries or meals to someone who needs them	☐ Do a job where nobody knows or cares about your résumé
☐ Visit a retirement community	☐ Spend time serving alongside people you might not otherwise meet

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