

ADULTING is a CHALLENGE

You deserve a badge

Adulting is an ongoing challenge in life. Adults are required to perform tasks they don't enjoy, prioritise other peoples' needs, postpone relaxation, behave responsibly, multitask, go without, grin and bear it, set a good example surely all that deserves a badge.



Challenge yourself and EARN A BADGE too

- Choose a selection of challenges to complete
- Order your badge
- You may like to send photos of challenges being completed to share on the website

CHALLENGE OPTIONS

- Survive a weekend without electronic devices
- Cook a recipe that is new to you
- Make contact with an old friend
- Spend time learning the basics of a new language
- Prepare and eat some vegetables that are new to you or try a new food item
- Delegate a task to somebody else
- Assemble an item from a flat pack or kit (from Bunnings, Ikea etc)
- Give up a bad habit or unhealthy food choice for a month
- Learn a new craft and make a useful item (eg knitting, crochet, woodwork)
- Make time for an activity you enjoyed before adulthood (eg musical instrument, cycling, skateboarding, skipping, hoola hoop)
- Create yourself an appropriate exercise routine that you can enjoy for fitness
- Enjoy an activity with people from either an older or younger generation.



ORDER DETAILS

Badges \$3.50 each

Online order at:

girlguidesballarat.org.au/orderbadges

Postage details on website.

Optionally email photos to
ineedthatbadge@gmail.com



- Research the system of being an organ donor in Australia
- Complete a household maintenance task that is new to you or that is normally performed by somebody else (eg mowing the lawn, changing a tap washer, cleaning the shower, ironing)
- Provide support to a charity or organisation that is important to you
- Complete a project over which you have been procrastinating
- Challenge yourself to an adventurous activity, perhaps with some friends
- Enjoy a social activity with your peer group
- For a week, ensure you are on time for every event and activity
- Complete any badge challenge normally suited to a youth member
- Investigate the procedure for obtaining Australian Citizenship and have a look at the wording for the Australian Citizenship Pledge. Would you yourself be willing to make this pledge?
- Challenge yourself to complete a practice test for Australian Citizenship (immi.homeaffairs.gov.au/citizenship/test-and-interview/prepare-for-test/practice-test-new)
- Know how to vote in Australia and have a discussion with friends about compulsory voting.
- Learn something new about car or bike maintenance and put this into action (eg patch/change a tyre, refill oil/water, replace wiper blades)
- Obtain a “Responsible Service of Alcohol” qualification or research and present information about safe, responsible alcohol consumption for adults.
- Investigate the concepts of creating a legal Will and an Enduring Power of Attorney. Consider setting one up for yourself and other adult family members.
- Investigate Private Health Cover or Ambulance Membership. Consider whether these optional services would be of benefit to you.
- Own challenge – choose an appropriate for adulting challenge for yourself

