



October 1-30
30 Days of Activity
Activate Ability Month
National Disability Month

The Ability Challenge

In honor of National Disability Month, the Ability Challenge provides active participation each day of the month to challenge assumptions of what we are not able to do. This month began as a week long awareness for those who wanted to be known for what they could do and how they were employable in a world that did not understand. That week occurred 59 years ago. The need to challenge assumptions is still present, so the week turned into a month of awareness.

To honor the awareness, challenge assumptions, and step into the ability instead of disability, this experience invites everyone to walk in the shoes of capability a little more each day to discover that no one individual has realized all of their ability. We learn every day and can experience something new and different we didn't know before. From the CEO to the homeless individual, everyone can benefit from taking time in their day for discovery, curiosity, and growing more.

Those with impairments from functions they once knew well and with ease, now find new ways, adopt different mindsets, and relate to life differently. They are differently-abled, not disabled. They have learned twice what most may take for granted and choose as routine.

One in four individuals in the United States has a disability, one-quarter of our population learns differently. It is a huge number to consider. One in six, from reporting sources, have a brain injury. Some recover, though every year another 3.5 million individuals are affected by Traumatic Brain Injury alone, and of those that do not get better, the numbers compound. It becomes vital to understand the culture we live in and how we can work for solutions with education, resources, advocacy, and support. In this month of ability awareness, there is much more reason to be aware.

Participation

can participate.

Everyone can join the challenge at their own ability

•Anyone

- Engage everyday for best effect.
- Know your limit, small wins are best overall.
- Be Inventive, make things up, explore, experiment
- Be Curious Be open, Be willingness, and Be ready
- Read, Respond, Realize, and Review abilities noted

Activation

- Print out the Activity and Fill-in Calendars
Place them where you can engage daily.
- Keep Track of your Activities
Review provides rich perspective
- Join our Email Daily Support
Daily emails to prompt ideas. Weekly Calls to Share Progress.



Build A Better Brain

Activating your ability with daily exercises and activity of doing things in unconventional fashion provides a growth experience of opportunity. By changing up our routines, we not only discover the many capable faculties and competence we possess, we also realize more of the infinite potential that may be unrealized.

What we are also adeptly awakening is our brain expansion. By doing things differently, we activate the neuronal connections and build plasticity within our brain's billion cell network. We are doing this in a consistent way for 30 days!

Program Design

Lynda Turloukis, designs activities, games and play for individuals, groups and organizations to provide an insight of delight to discover human potential. She has designed this challenge for use with Brain Injury Solutions fundraising and awareness efforts. Lynda is an active member of our Board, Growth, and Projects. Please direct all questions to Lynda Turloukis

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BEGIN: Each day this month engage with a *new suggestion*. How you carry it out is up to you. Notice that you can practice or participate all day long. To absorb your ability observations, make time to reflect and review daily. Print out the calendars below, use the first for reading and responding and the empty one for Review.

The Ability Challenge						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Discover how many things you can do today. It is a simple enough idea, though with all the things we do, who can keep count? Today its your opportunity to attempt a count to begin to note ability.</p> <p>Count Abilities</p>	<p>2 Notice today, how often you use your abilities to do what you like to do.</p> <p>What you don't like is harder, so for today take notice of how you make things flow and grow by liking them.</p> <p>Notice Your Likes</p>	<p>3 Do something new, something you haven't done before that you have wanted to. Even if it is only a small step toward something larger, do that small step.</p> <p>Be explorative!</p> <p>Do What's New</p>	<p>4 Notice what you are able to do for another today. Very small things can make huge differences.</p> <p>Take notice of the impact you make on others by just being you.</p> <p>Do For Others</p>	<p>5 Realize how you are able to do what you used to do, though notice how you do it differently now.</p> <p>Recognize adaptation, accomplishment and small tasks that make big difference</p> <p>Adapting Abilities</p>	<p>6 Recognize how many ways you are able to communicate today. Experiment to discover how to get your message to others differently. Don't forget about your self communication too.</p> <p>Communicating :)</p>	<p>7 <i>Today marks one week of ability awareness, agility, adaptability, acknowledgements, acceptance and expression.</i> Review each day of this week and do one more thing a little differently than you did earlier this week</p> <p>Expand Abilities</p>
<p>8 How many ways can you "try" today? Trying is the first step in doing and as you graduate from trying you are accomplishing and realizing the ability of doing.</p> <p>Trying Out Abilities</p>	<p>9 Do one thing that's different and notice how many other different things you are able to do today.</p> <p>Observing and acting are your focus for today.</p> <p>Differing Abilities</p>	<p>10 Do things with purpose and intention today. Think of one thing you want to do, plan what you can and visualize it happening. Then take an action step.</p> <p>Intentional Abilities</p>	<p>11 Explore perspective today. Do regular things in a unique manner than you are accustomed to. See things from different angles, step back, step up and note the view points first before responding.</p> <p>Ability Perspectives</p>	<p>12 What inspires you to move or take action? How are you different when inspired? Define Inspiration.</p> <p>Be inspired today. Inspire others.</p> <p>Inspire Abilities</p>	<p>13 What is better today than yesterday? What changed it?</p> <p>Notice the value of how we can improve and find a little better in our day in better ways. Notice how better begets better.</p> <p>Better Abilities</p>	<p>14 What can you explore with opposites today? If a dis-ability symbolizes what you cannot do, make today into a defined list of what you can do! Flip the opposite.</p> <p>Opposite Abilities</p>

<p>15 After two weeks, what patterns are you noticing emerge? Are they new or something you have been using all along? How do your patterns, habits and routines evolve?</p> <p>Patterned Abilities</p>	<p>16 As the second half of our challenges begins today, what can you begin to do today that could be done a little more each day until the challenge completes?</p> <p>Begin New Abilities</p>	<p>17 What feeds your curiosity? Notice today the things you can accomplish when you just want to know. Can you turn on your inquisitiveness today?</p> <p>Curious Abilities</p>	<p>18 What is fun for you? What kinds of things can you do more of when you are having fun? Realize what happens when you are charged with being fun all day.</p> <p>Fun Abilities</p>	<p>19 What can you do to exercise your smile? Try every way you can throughout the day to put a different smile on your face. How long can you wear each of them?</p> <p>Smiling Abilities</p>	<p>20 How many things can you do with your mouth today that can improve your day and exercise your abilities? Observe gestures, exercises and expressions.</p> <p>Facial Abilities</p>	<p>21 Notice what you accept today and how you accept it. This makes for an interesting day of letting go and realizing what works and what works better.</p> <p>Accepting Abilities</p>
<p>22 What can you do today that you really don't want to do, but know that doing it makes a difference? What happens when you challenge a challenge?</p> <p>Champion Abilities</p>	<p>23 What or who can you listen or engage with today that motivates how you can change everything you do? Motivate, move, or dial a hero. Sometimes we need a hand.</p> <p>Motivated Abilities</p>	<p>24 What is one ability that you love to improve? How can you improve it today and why would you do so? Improving means... I'm proving. Create great evidence!</p> <p>Improving Abilities</p>	<p>25. What are your favorite mistakes? Try them all out today to discover the ones you make that benefit you the most. Making mistakes leads to success, one foible at a time!</p> <p>Building Abilities</p>	<p>26. What if you loved everything that occurred today? Beyond what you don't appreciate, how do you become something more by loving what you have available? How do you love?</p> <p>Loving Abilities</p>	<p>27. What abilities do you notice when you touch things, hold them, or have a chance to feel and discern more about them? Touch and be touched today by what you notice.</p> <p>Touching Abilities</p>	<p>28. Exercise your breath today. Notice when you can take in the fullness of a breath and fully exhale it completely. Practice, relax, and move slowly to notice best effects.</p> <p>Breath Abilities</p>
<p>29. What makes you laugh? The power of laughter is beneficial for body, mind and soul. Add Ha-Ha-Ha to the end of all your sentences today to discover why its so beneficial.</p> <p>Joyful Abilities</p>	<p>30. On this last day of the challenge, one awareness that can aid in the review of recognizing more ability is to become aware of our five sensory skills. Use them all today to activate what you know innately.</p> <p>Sense Abilities</p>	<p><i>Take Time Engage Explore Be Curious</i></p>		<p>Take time each day to explore and engage with your activities. Notice and appreciate what you realize. Some things will be new and some familiar. Don't keep score, instead, be curious and want to know how many things are not recognized.</p> <p>Review and Reflection provides a deeper connection to your experience. When you can be silent, close your eyes as it helps to absorb your experiences into your memory to sort and align the experiences more fully.</p> <p>Take time, skip the hurry and worry, enjoy and appreciate.</p>		

Respond, Record, Reflect and Review

Place all your experiences here, in a notebook, or your favorite way to take notes each day. Do the best you can. Do small things well instead of one great day and four absent ones. Everyday makes a difference you will appreciate .

The Ability Challenge						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Count Abilities	2 Notice Your Likes	3 Do What's New	4 Do For Others	5 Adapting Abilities	6 Communicating :)	7 Expand Abilities
8 Trying Out Abilities	9 Differing Abilities	10 Intentional Abilities	11 Ability Perspectives	12 Inspire Abilities	13 Better Abilities	14 Opposite Abilities

<p>15 Patterned Abilities</p>	<p>16 Begin New Abilities</p>	<p>17 Curious Abilities</p>	<p>18 Fun Abilities</p>	<p>19 Smiling Abilities</p>	<p>20 Facial Abilities</p>	<p>21 Accepting Abilities</p>
<p>22 Champion Abilities</p>	<p>23 Motivated Abilities</p>	<p>24 Improving Abilities</p>	<p>25. Building Abilities</p>	<p>26. Loving Abilities</p>	<p>27. Touching Abilities</p>	<p>28. Breath Abilities</p>
<p>29. Joyful Abilities</p>	<p>30. Sense Abilities</p>		<p><i>Respond</i> <i>Reflect</i> <i>Record</i> <i>Review</i></p>	<p>This is all about your abilities. Comparison of others means you aren't focused on you. Wonder what is possible with great imagination. Explore where you can and count only what you do. Enjoy the experience, life is short as you well know. Stay consistent, a little each day is the best way. Observe what you grow each day and each week. Interact with others, notice what you put out and take in. Ask to engage and invite more experiences into your life. Do new things, become an adventurer. Challenge and champion change and choice.</p>		



Thank you for joining the Ability Challenge!

You can repeat this any month at anytime for a solo or family adventure to grow more of your abilities and discover what you are capable of by expanding the opportunity of possibility.

If you liked this challenge, stay tuned for more experiences, events and educational insights into your ability as Brain Injury Solutions develops.

Donations Accepted

Please feel free to make a donation to help us help the individuals, family and community of brain injury in the Las Vegas and Southern Nevada region.

BrainInjurySolutions.org