




ADULTING IS A CHALLENGE THAT DESERVES A BADGE



You deserve a badge

Adulting is an ongoing challenge. 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 badges
-  Feel free to share photos of challenges being completed to add to 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 a personal exercise routine that you can enjoy for fitness
- ☐ Enjoy an activity with people from either an older or younger generation
- ☐ 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



ORDER DETAILS

Online order at:
ineedthatbadge.com/badges

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- ☐ Enjoy a social activity with your peer group
- ☐ For a week, ensure you are on time for every event and activity
- ☐ Challenge yourself to an adventurous activity, perhaps with some friends
- ☐ Have fun completing 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. Consider if you would 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 services would be of benefit to you.
- ☐ Compare your electricity, gas, or internet plans to see if there is a better deal available
- ☐ Review your personal budget or create one from scratch — stick to it for a month
- ☐ Organise and declutter one room or area of your home (donate, sell, or recycle items you no longer need).
- ☐ Set up or review your superannuation and check your nominated beneficiaries
- ☐ Make and stick to a cleaning schedule for a fortnight
- ☐ Take public transport to a destination you've never visited before
- ☐ Host a dinner or event for friends or family that you have planned from start to finish
- ☐ Learn how to sew on a button, repair a seam, or mend a small household item
- ☐ Research how to grow and maintain one edible plant and keep it alive for at least a month
- ☐ Own challenge — choose a personal adulting challenge for yourself

