



Support Peter McVerry Trust to tackle homelessness in Ireland

Take on 32 daily challenges, set up your fundraising page, and help move 32 people out of homelessness and into a new home.

[CLICK HERE TO SET UP FUNDRAISING PAGE](#)

<p>ARE YOU READY?</p>  <p>Challenge 32 starts now!</p>	<p>DAY 1</p>  <p>List 3 things you are grateful for</p>	<p>DAY 2</p>  <p>Call/message an old friend you haven't spoken to in a long time</p>	<p>DAY 3</p>  <p>32 jumping jacks</p>	<p>DAY 4</p>  <p>Put 32 marshmallows in your mouth and say 'Peter McVerry Trust Challenge 32'</p>	<p>DAY 5</p>  <p>Create your own challenge or redo your favourite so far</p>	<p>DAY 6</p>  <p>Read for 32 minutes</p>
<p>DAY 7</p>  <p>Name as many Irish counties as you can in 32 seconds</p>	<p>DAY 8</p>  <p>List 3 more things you are grateful for</p>	<p>DAY 9</p>  <p>Draw a picture of a house in 32 seconds – blind folded!</p>	<p>DAY 10</p>  <p>32 push ups</p>	<p>DAY 11</p>  <p>Solo a ball for 32 seconds</p>	<p>DAY 12</p>  <p>Create your own challenge or redo your favourite so far</p>	<p>DAY 13</p>  <p>Stay silent for 32 minutes – sleeping doesn't count!</p>
<p>DAY 14</p>  <p>Build a sofa fort in 32 minutes</p>	<p>DAY 15</p>  <p>List 3 more things you are grateful for</p>	<p>DAY 16</p>  <p>Use 32 items to build a house</p>	<p>HALFWAY! Well done, keep going!</p> 	<p>DAY 17</p>  <p>32 sit ups</p>	<p>DAY 18</p>  <p>32 second plank</p>	<p>DAY 19</p>  <p>Create your own challenge or redo your favourite so far</p>
<p>DAY 20</p>  <p>Try a new recipe</p>	<p>DAY 21</p>  <p>Spend 32 minutes in nature</p>	<p>DAY 22</p>  <p>List 3 more things you are grateful for</p>	<p>DAY 23</p>  <p>Play your favourite song today</p>	<p>DAY 24</p>  <p>32 burpees</p>	<p>DAY 25</p>  <p>Do a scavenger hunt</p>	<p>DAY 26</p>  <p>Create your own challenge or redo your favourite so far</p>
<p>DAY 27</p>  <p>Make your bed in 32 seconds</p>	<p>DAY 28</p>  <p>Learn/Do a funny dance</p>	<p>DAY 29</p>  <p>List 3 more things you are grateful for</p>	<p>DAY 30</p>  <p>Put on 32 items of clothing as fast as you can</p>	<p>DAY 31</p>  <p>Walk/Run 3.2km</p>	<p>DAY 32</p>  <p>Draw 32 chalk-stick people on a doorstep</p>	<p>FINISHED!</p>  <p>You are amazing!</p>