

Run a Personal Challenge

Why a Personal Challenge?

Setting yourself a challenge – whether it's physically tough, involves personal sacrifice, or is just downright funny – can be one of the fastest, easiest, and most effective ways to raise money. People love supporting a cause when there's a good story behind it - and your challenge is that story!

Here's our top tips on how to do it:

1 Get Inspired

Think about the kind of challenge you could take on. Here are a few ideas:

- Physical feats: Running a 10k, cycling across the countryside, hiking a local trail
- Adrenaline challenges: Skydiving, bungee jumping, zip-lining
- Personal sacrifices: Giving up chocolate, alcohol, caffeine, or social media
- Funny challenges: Wearing a onesie for a week, growing a silly moustache, doing your daily routine backwards

2 Pick the Right Challenge for You

Choose something that feels meaningful or fun for you. People love donating when:

- It pushes your limits (e.g., you're afraid of heights but doing a bungee jump!)
- It's a real sacrifice (e.g., you're known for your sweet tooth and give up sugar)
- It reflects your personality



Top Tip:
Make sure it is achievable - you'll need to complete it to collect donations!

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Plan the Logistics

Next, you'll need to sort out the practical side:

- Do you need to register for an event?
- Do you need to book something?
- Set a time or timeframe for your challenge
- Rearrange anything in your schedule that might get in the way



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Spread the Word 📣

The more people who know, the more donations you'll get.

- Post on social media and include your fundraising link (Enthuse page)
- Message friends and family
- Talk about it in person!
- Share in your workplace, uni, sport clubs, societies
- Ask to say a few words in a class or group meeting



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Share Your Progress 📸

Keep people updated with:

- Your training or prep
- Behind-the-scenes thoughts or struggles
- Photos and videos of your progress
- Honest (but funny!) updates – people love seeing your journey

Always include your donation link. The more updates, the more people feel involved – and that means more donations.



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Do It! 💪

Take on the challenge and make sure it's well documented:

- Ask a friend to take photos or videos
- Show off your effort - even if it's just a sweaty selfie or a "before and after" shot

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Share the Experience

Once it's done:

- Post about how it went
- Share photos
- Be honest about what was hard or surprising
- Thank your supporters

Don't forget, drop that donation link again – some people wait until you've actually done it and might need a little nudge!



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Follow Up on Promises

Go through your messages and gently follow up with:

"Hey! You mentioned you'd donate once I finished - just wanted to say I did it! 😊
Here's the link..."

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Say a Big Thank You!

End your challenge with a final thank-you:

- Share the total amount raised
- Remind people what the money is supporting
- Let them know how much it means
- Include your link one last time - sometimes a final post inspires a wave of donations!



Top Tip:

Be yourself! Whether you're going for emotional, hilarious, or heartwarming – make your challenge feel personal and fun. People donate to you as much as to the cause.

