



THINGS TO TRY

- Bake Bread
- Mix a Mocktail
- Binge A TV Series
- Write A Blog
- Decorate A Cake
- Go Camping
- Try Composting
- Cook A New Meal
- Cut Coupons
- Make A Homemade Card
- Take A Dance Class
- Discover New Music
- Forage for Flowers
- Pick Berries
- Start a Garden
- Try Geocaching
- Get Involved with Politics
- Learn to Grill
- Go To the Zoo
- Take A Hike
- Visit An Art Museum
- Do A Walking Tour In Your City
- Start A Journal
- Learn To Juggle
- Try A New Language
- Learn An Instrument
- Make Ice Cream
- Make Vegetable Stock
- Make Freezer Meals
- Meditate
- Organize A Cookie Swap
- Paint A Picture
- Pick Apples
- Make Homemade Jam
- Take A Picnic
- Go To A Concert
- Play A New Sport
- Plan A Potluck With Neighbors
- Complete A Puzzle
- Read A List Of Classics

- Rearrange Furniture You Already Own
- Take A Road Trip
- Start Training For A 5K
- Shop At The Farmer's Market
- Learn Some Constellations
- Start A Book Club
- Go Thrift Shopping
- Take A Tour In Your Hometown
- Use An Ingredient You've Never Used Before
- Volunteer With A Local Charity
- Watch Some Classic Movies
- Work Your Way Through A Cookbook
- Write A Book
- Do Yoga
- Take The Bus To Somewhere New
- Send Someone A Letter
- Make A Scrapbook Of The Year
- Go To A Music Festival
- Look Up Your Ancestors
- Sign Up For Community Theatre
- Forgive Someone Who Hurt You
- Grow Windowpane Herbs
- Compliment A Stranger
- Learn To Knit
- Bake Cookies For A Neighbor
- Climb A Mountain
- Roller Skate
- Call An Old Friend
- Spend A Week Not Shopping
- Play Board Games
- Ride Your Bike Instead Of Taking The Car One Day
- Attend An Open Mic Night
- Donate To Charity
- Organize Your Closet
- Unplug For A Whole Day. Or Week.

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- Unplug For A Whole Day. Or Week.
- Write A Will
- Take Photos Of Your Whole Day
- Organize A Neighborhood Yard Sale
- Go For A Swim
- Pick Up Garbage At The Park
- Make Homemade Soup
- Skip
- Explore A New State Park
- Go Camping
- Try A New Hairstyle
- Write A Gratitude List
- Watch A Sunrise
- Tell Someone You Love Them
- Write Down Your Big Dreams And Life Goals
- Try A New Cuisine
- Meet Your Neighbors
- Plan A Trip Abroad
- Attend An Event At The Local Library
- Make A Handmade Gift
- Volunteer With A Local Garden
- Be A Tourist In Your Own Town
- Host A Barbecue
- Organize A Clothing Swap
- Try Woodworking
- Learn To Play Chess
- Take A Ballroom Dance Class
