

Activity List

- Write in a journal
- Watch the sunset
- Go rock climbing
- Draw or paint
- Cook a meal
- Go to a play
- Go to a concert
- Visit a friend
- Start a blog
- Practice a dance
- Read a book
- Take photos
- Do yoga
- Lift weights
- Go for a walk
- Meditate
- Go out for coffee
- Go stargazing
- Go to the beach
- Play a sport
- Go to the library
- Visit neighbors
- Call a friend
- Volunteer
- Explore somewhere new
- Rearrange a room
- Visit a museum
- Knit
- Write a poem
- Hike on a nature trail
- Play cards
- Have a picnic
- Watch a movie
- Go swimming
- Do a puzzle
- Play an instrument
- Work in a garden
- Listen to a podcast
- Bake a dessert
- Visit a tourist attraction
- Play a board game
- Make origami
- Go for a bike ride
- Visit a park
- Discover new music
- Care for a pet
- Write a letter
- Try a new food