

Write in a journal

Watch the sunrise
or sunset

Go rock climbing

Draw or paint

Cook a meal

Go to a play

Go to a concert

Visit a friend

Start a blog

Research an
unfamiliar topic online

Read a book

Take photos

Do yoga

Exercise

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 your
furniture

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 the radio
or a podcast

Bake a dessert

Visit a tourist attraction

Play a board game

Make origami

Go for a bike ride

Visit a park

Search for new
music to listen to

Care for a pet

Write a letter

Try a new food