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

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