

## The LONG List of Things to Do

Go to the library; try a new magazine.

Browse in a bookstore.

Go to a coffee shop and try a new beverage.

Visit a museum or art gallery.

Go to the mall or a park and people-watch; imagine what people are thinking.

Meditate or pray.

Go to your place of worship or find a church, temple, or synagogue to sit in and relax.

Join a group – on line, in your community, through your school or church.

Write a letter to yourself at [www.futureme.org](http://www.futureme.org).

Write a letter to God or Buddha or a historical figure.

Call a family member you haven't talked to in a long time.

Learn a new language.

Sing or learn how to sing.

Play a musical instrument or learn to play a new instrument.

Write a song or a poem.

Listen to music. Explore new independent music on [www.soundcloud.com](http://www.soundcloud.com).

Memorize lines from your favorite song, play, book, or movie.

Make a video or sound recording. Post it on the web if you want.

Take pictures. Share them on the web if you want.

Join Toastmasters or another public speaking group and practice writing and giving speeches.

Join a local theater group.

Sing in a choir.

Plant a garden or flower boxes.

Work in your yard or volunteer with your city parks department.

Paint your nails.

Knit, crochet, or sew or learn how.

Make a scrapbook or collage with pictures you take or pictures from magazines.

Take a bubble bath or shower.

Get a massage.

Brush your hair, try a new style, and/or change your hair color.

Go for a walk or bike ride.

Work on your car, motorcycle, or bicycle.

Sign up for a class through your local parks and recreation department or community college.

Sign up for an on-line class or research something on-line.

Read something. Anything!

Write a list of things you like about yourself.

Write a story about your life or someone else's.

Write in your journal.

Write a loving letter to yourself when you're feeling good and save it to read when you're feeling down.

Make a list of things you're good at. Save it to remind yourself when you forget.

Draw, paint, or do other artwork.

Make a list of people you admire and describe what you like about them.

Write a story about the craziest, funniest, or most embarrassing thing that ever happened to you.

Make a list of things you would like to do before you die.

Make a list of celebrities you would like to be friends with and why.

Write a letter to someone who has made your life better and tell them why.

Go visit a friend or invite a friend to visit you.

Plan a party.

Exercise.

Do yoga, tai chi, or stretching. Look for instructional videos on the internet.

Go outside and watch the clouds.

Take a hike or long walk in the woods or near a river or another place with a lot of nature.

Go swimming or jogging.

Try something new and exciting such as surfing, rock climbing, skiing, skydiving, etc.

Find a pick-up basketball or baseball game, or join a community team.

Go bowling, shoot hoops, play miniature golf, or throw darts – with a friend or alone.

Go for a drive or take a ride on the city bus.

Take a nap.

Eat chocolate or something else you really like.

Cook your favorite dish or meal.

Try a new recipe.

Take a cooking class.

Try a new restaurant.

Play with your pet.

Borrow a friend's dog to take to the park or for a walk.

Read the comics, watch a funny movie, or look up jokes on the internet.

Go out to the movies.

Watch TV or listen to the radio.

Go watch a sporting event.

Play board games with a friend.

Play solitaire with actual cards (or on your electronic device).

Learn how to play a new card game.

Make a list of your favorite websites.

Create your own website or blog.

Sell something you don't want on e-bay or craig's list.

Do a puzzle with a lot of pieces.

Do brainteaser puzzles at [www.braingle.com](http://www.braingle.com).

Go get a haircut or a manicure or pedicure.

Try a new flavor of ice cream.

Do Mad Libs with a friend.

Research labyrinths and learn how to draw your own finger labyrinth.

Punch a punching bag.

Go to a local farm stand or farmer's market and try some new produce.

Pick flowers and make a flower arrangement for your room or table.

Light scented candles and enjoy the glow and smell.

Have a candlelight meal. Use fancy dishes and table settings.

Visit a pet store and imagine what type of pet you would like.

Volunteer at your local food pantry, homeless shelter, or school.

Go thrift store or antique shopping.

Make your own list of things to do.