

If you have some extra time....

Though at times it may feel like there aren't enough hours in the day, other times it can be hard to find something that feels enjoyable or meaningful to do. Below are some ideas to get you out of the house and into your life!

- Dancing
- Helping groups you respect
- Going to a park
- Learning to play an instrument
- Going to a play, concert, ballet...
- Planning a trip or vacations
- Buying something pretty
- Doing artwork or crafts
- Wearing clothes you like
- Reading a book or magazine
- Hearing a lecture or a sermon
- Listening to a relaxation tape
- Going out in a canoe or boat
- Working on your car or bike
- Playing a board game
- Solving a puzzle or crossword
- Taking a long bath or shower
- Writing a story, poem, music...
- Singing
- Baking a cake
- Visiting someone
- Working in the yard/garden
- Sitting in the sun
- Going to a fair or zoo
- Playing with animals
- Listening to music
- Taking pictures
- Talking about sports
- Watching or playing sports
- Watching a funny movie
- Going to a comedy club
- Seeing beautiful scenery
- Eating a good meal
- Going to the gym
- Going downtown
- Enjoying a sauna or jacuzzi
- Drawing or paint a picture
- Being with friends or relatives
- Talking on the phone
- Going to a movie
- Cooking a meal
- Doing an odd job around home
- Going to a restaurant
- Volunteering at the local animal shelter
- Writing in a diary
- Meditating
- Reading the newspaper
- Going for a walk or run
- Playing frisbee or catch
- Sewing or doing needlework
- Getting your hair or nails done
- Being with someone you love
- Starting a new project
- Going to the library
- Planting seeds for a windowsill pot
- Watching people
- Volunteering at a homeless shelter
- Buying some flowers
- Writing a letter
- Caring for houseplants
- Starting a collection
- Spending time with children
- Going to a garage sale or auction
- Going swimming at the local gym
- Reading a comic book
- Using your strength
- Riding a bike
- Going for a drive
- Going to a museum or exhibit