



Motivational Interviewing Learning Exchange

Check the items you are willing to do, then add any activities that you can think of:

<input type="checkbox"/> Talk to a friend on the phone	<input type="checkbox"/> Cook your favorite dish or meal
<input type="checkbox"/> Go out and visit a friend	<input type="checkbox"/> Cook a recipe that you've never tried before
<input type="checkbox"/> Invite a friend to your home	<input type="checkbox"/> Work on your car, truck or bike
<input type="checkbox"/> Organize a party or get-together	<input type="checkbox"/> Plant a garden
<input type="checkbox"/> Exercise	<input type="checkbox"/> Play a musical instrument or learn how to
<input type="checkbox"/> Lift weights	<input type="checkbox"/> Listen to your favorite music
<input type="checkbox"/> Do yoga, tai chi, or Pilates, or take classes to learn	<input type="checkbox"/> Watch a funny movie (start collecting funny movies to watch when you're overwhelmed)
<input type="checkbox"/> Stretch your muscles	<input type="checkbox"/> Watch or binge a television show
<input type="checkbox"/> Eat your favorite ice cream	<input type="checkbox"/> Go outside and play with your pet
<input type="checkbox"/> Go for a walk in a park or someplace else that's peaceful	<input type="checkbox"/> Go borrow a friend's dog and take it to the park or for a walk
<input type="checkbox"/> Get a haircut	<input type="checkbox"/> Go to the movies
<input type="checkbox"/> Sleep or take a nap	<input type="checkbox"/> Play a game with a friend
<input type="checkbox"/> Go outside and watch the clouds	<input type="checkbox"/> Do a puzzle with lots of pieces
<input type="checkbox"/> Go for a run	<input type="checkbox"/> Go shopping
<input type="checkbox"/> Ride your bike	<input type="checkbox"/> Write in a journal
<input type="checkbox"/> Go for a swim	<input type="checkbox"/> Write a letter to a friend or family member
<input type="checkbox"/> Go hiking	<input type="checkbox"/> Get a good night's sleep
<input type="checkbox"/> Do something exciting like rock climbing, skiing, or kayaking, or go learn how to do one of these things	<input type="checkbox"/> Go play something by yourself, like basketball, bowling, handball, miniature golf, pool or hitting a tennis ball against a wall
<input type="checkbox"/> Go to your local community center /playground and join a game being played or watch a game	<input type="checkbox"/> Make a list of ten things you're good at or like about yourself
<input type="checkbox"/> Go to your church, synagogue, temple or other place of worship	<input type="checkbox"/> Go to a nature area that inspires you and take pictures or make a movie about it
<input type="checkbox"/> Get out of you house, even if you just sit outside	<input type="checkbox"/> Join a public speaking group
<input type="checkbox"/> Plan a trip to somewhere you've never been	<input type="checkbox"/> Participate in a local theater or improv group
<input type="checkbox"/> Go to a spa	<input type="checkbox"/> Learn motivational interviewing
<input type="checkbox"/> Go to the library	<input type="checkbox"/> Read your favorite book, magazine or newspaper
<input type="checkbox"/> Go to a bookstore and read	<input type="checkbox"/> Listen to your favorite podcast
<input type="checkbox"/> Go to a café for coffee or tea	<input type="checkbox"/> Draw or paint a picture
<input type="checkbox"/> Visit a museum or art gallery	<input type="checkbox"/> Create your own gratitude list and read it daily
<input type="checkbox"/> Go to the mall or the park and walk around	<input type="checkbox"/> Make a list of ten things you'd like to do this year
<input type="checkbox"/> Pray or meditate	<input type="checkbox"/> Other ideas:
<input type="checkbox"/> Join a dating app and make a profile	
<input type="checkbox"/> Join a group	
<input type="checkbox"/> Write a letter to your higher power	