

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

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