

Things to do...

for when you need ideas

At home

- Sit down with a journal and get writing
- Draw, paint or simply colour in
- Take a bath and pamper yourself
- Experiment with a new recipe
- Get crafty and upcycle a piece of furniture
- Make, bake or buy a gift for someone
- Take an online class
- Sit down with a nice cuppa and a book

- Look through old photo albums
- Watch that film that's on your list
- Get out in the garden
- Clean out the clutter
- Research a new hobby
- Put a puzzle together

- Write a list of things you are grateful for
- Listen to your favourite music
- Try some meditation
- Learn a new language
- Play or learn a musical instrument
- Rearrange or redecorate a room
- Create a goals/vision board
- Plan your next holiday
- Just dance!

Get active

- Go on a local bushwalk or hike
- Try an exercise class at the gym
- Swim at the local pools or beach
- Go for a bike ride
- Go to the local driving range
- Learn to surf
- Join a local sports club
- Try pilates or yoga
- Go ten pin bowling
- Join a community dance class

Social stuff

- Spend time with your family
- Phone or message a friend
- Ask a friend to the movies with you
- Join a meet-up group
- Host a BBQ
- Join a book club
- Invite a friend over for a cuppa
- Visit someone who needs some company
- Cook for someone

Away from home

- Go to the beach
- Go for a long drive
- Go shopping and buy yourself a present
- Visit the zoo or aquarium
- Go the library
- Get a massage, facial or your hair cut
- Become a tourist and visit the local attractions
- Pack a picnic and go to the park

- Go to a museum or art gallery
- Check out a new café or restaurant
- Go to the movies
- Fruit picking from a local orchard
- Watch the sun set
- Treat yourself to an ice cream
- Visit the local farmers market
- Go for a weekend away
- Enrol in a community course
- Go to an exhibition
- See a live stagshow