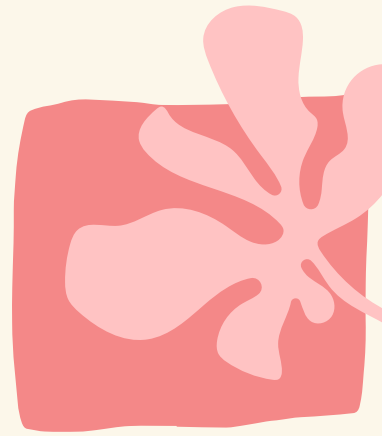


150 THINGS TO DO



One of the most effective ways to boost your mood is to do something that gives you a sense of fun, interest, joy or achievement. If you can't think of anything to do, just try one of these activities!

- Go for a walk
- Call friends or family
- Watch a new TV show
- Watch a movie
- Listen to music
- Listen to an audiobook
- Draw or paint
- Read a book
- Do some gardening

- Go to the cinema
- Try photography
- Do a puzzle
- Play a computer game
- Sing at karaoke
- Bake
- Get dinner with friends
- Do a cardio gym class
- Play a board game
- Write a poem or story
- Go bushwalking
- Go jogging

- Have a bath
- Play sport
- Go surfing
- Watch clouds float by
- Go fishing
- Write a bucket list
- Do a crossword
- Play an instrument

- Get coffee with a friend
- Put clean sheets on
- Cook something new
- Walk barefoot in grass
- Have a cup of tea
- Try yoga
- Have someone over
- Do colouring-in
- Join a sports team
- Have a movie night
- Clean the bathroom

- Go to a park
- Have a picnic
- Go to a museum
- Visit an art gallery
- Go to the markets

- Do volunteer work
- Donate to charity
- Go swimming
- Go cycling
- Learn a new language
- Listen to a podcast

- Go to the beach
- Try ten pin bowling
- Try pilates
- Do a Sudoku
- Do a DIY project
- Do woodwork
- Spend time with a pet
- Lie in the sun
- Write a grocery list
- Watch a documentary
- Give yourself a facial
- Go running with a friend

- Get comfortable
- Have a movie night
- Clean the kitchen
- Reorganise your shelves
- Plan out your week

- Sort out your wardrobe
- Hug a loved one
- Buy some indoor plants
- Reply to text messages
- Attend an art class
- Clean up your street
- Make your bed

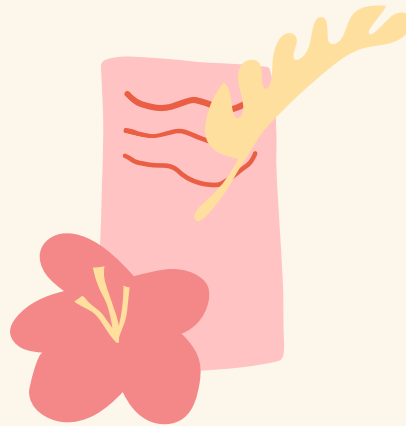


Take an online course
Pick up a new hobby
Visit a tourist spot
Meditate
Go to the gym
Get your nails done
Try sewing
Sit in a park
Call an elderly relative

Try knitting
Start a bullet journal
Give clothes to charity
Visit botanic gardens
Watch the sunset
Make a fresh coffee
Buy someone a gift
Sing
Redecorate your room
Get a massage
Try kick-boxing

Go indoor rock-climbing
Get dressed up
Go window shopping
Compliment someone
Clear your email inbox
Declutter

Try calligraphy
Go shopping
Look through old photos
Try journalling
Go stargazing
Prepare some meals
Make a music playlist
Clean your oven
Go camping
Give a massage
Try karate
At-home manicure
Go to the theatre
Go sailing



Learn a new skill
Make fresh bread
Try scrapbooking
Plan a holiday
Visit a spa
Burn a candle
Attend a trivia night

Pay off some debt
Take a deep breath
Try an escape room
Make some candles
Book a night in a hotel
Online shopping
Try jujitsu

Attend a cooking class
Vacuum your house
Attend a seminar
Call an overseas friend
Make pizza dough

Send a thank you card
Buy some fresh flowers
Help a friend
Iron your clothes
Take a day trip
Organise a roadtrip
Write a gratitude list
Write a to-do list
Bake cookies

Clean out the fridge
Attend a concert
Visit the beach
Have a weekend away
Clean up your computer
Try flower arranging



Choose a few of these activities to do each week. Try to choose some activities that you can do on your own and some you can do with other people. It can also be helpful to choose a mix of both active and relaxing activities.