

AI-00061 50 things to do when you have nothing to do

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50 things to do when you have nothing to do

1. Read a book or start a new series
2. Write in a journal or start a blog
3. Practice a new skill, like knitting or painting
4. Clean and organize your living space
5. Take a relaxing bath or shower
6. Meditate or do yoga
7. Cook a new recipe or bake something from scratch
8. Listen to a podcast or audiobook
9. Call or text a friend or family member
10. Go for a walk or jog
11. Watch a movie or binge-watch a TV show
12. Take a nap or rest
13. Plan a future vacation or adventure
14. Try a new hobby or activity, like gardening or playing an instrument
15. Research something you've always been curious about
16. Attend a virtual event or conference
17. Play a board game or video game
18. Learn a new language or practice speaking one you already know
19. Start a DIY project or craft
20. Explore your city or town and discover new places
21. Create a vision board or set goals for yourself
22. Listen to music or make a playlist
23. Do a puzzle or crossword
24. Write a letter to someone or send a card

25. Take a class or workshop online
26. Practice self-care, like taking a bubble bath or giving yourself a facial
27. Try a new workout or exercise routine
28. Do some volunteer work or donate to a charity
29. Watch a TED Talk or educational video
30. Have a picnic or go on a hike
31. Learn a new dance or practice an old one
32. Start a gratitude journal and write down things you're thankful for
33. Make a scrapbook or photo album
34. Attend a virtual concert or watch a live performance online
35. Explore a museum or art gallery
36. Take up a new sport or outdoor activity, like rock climbing or kayaking
37. Play a musical instrument or sing
38. Take an online course or certification program
39. Try a new type of food or cuisine
40. Organize your closet or donate clothes you no longer wear
41. Write a short story or poem
42. Research your family history and create a family tree
43. Do a digital detox and unplug from technology for a period of time
44. Try a new type of tea or coffee
45. Have a board game night with friends or family
46. Explore your spirituality or practice meditation
47. Create a budget or financial plan
48. Try a new hairstyle or makeup look
49. Take a photography or art class
50. Take a day trip to a nearby city or town.