

50 THINGS TO DO INSTEAD OF ENGAGING IN UNHEALTHY HABITS

1. PUT A PUZZLE TOGETHER
2. COLOR IN A COLORING BOOK
3. WRITE 20 POSITIVE THINGS ABOUT YOURSELF
4. PLAN A FUTURE VACATION W/PINTEREST
5. FEED DUCKS
6. BUILD A BLANKET FORT
7. WATCH A COMEDY
8. GO TO A BOOKSTORE
9. WRITE 20 THINGS YOU ARE THANKFUL FOR
10. TAKE COOKIES TO A FRIEND OR NEIGHBOR
11. PLAY A GAME
12. EXPLORE YOUR LOCAL LIBRARY
13. FIND A PHOTOBOOTH TO TAKE GOOFY PICS IN WITH A FRIEND
14. PRACTICE A SKILL
15. LEARN A NEW LANGUAGE
16. PLAN YOUR UPCOMING WEEK
17. MEDITATE
18. PRACTICE YOGA
19. WATCH A MOVIE
20. WRITE A "THINKING OF YOU" CARD FOR A FRIEND
21. VISIT A NEIGHBOR
22. ORGANIZE YOUR JUNK DRAWER
23. GO OUTSIDE AND PHOTOGRAPH BEAUTY
24. FLY A KITE
25. WALK YOUR DOG
26. GO FOR A RUN
27. EXPLORE A HOBBY
28. START A BLOG
29. PLAN A PARTY
30. GO FOR A DRIVE
31. HAVE A DANCE PARTY WITH YOURSELF
32. PEOPLE WATCH AT THE MALL OR AIRPORT
33. MAKE SOMETHING YOU PINNED ON PINTEREST
34. CREATE A "HAPPY DAY" PLAYLIST
35. MAKE A DREAM BOARD/COLLAGE
36. EXERCISE
37. TAKE A BUBBLE BATH
38. BAKE SOMETHING
39. WRITE
40. PAINT YOUR NAILS
41. GO FOR A WALK
42. READ A BOOK
43. DRAW/DOODLE
44. VOLUNTEER
45. ORGANIZE YOUR CLOSET
46. CLEAN
47. TAKE OLD CLOTHES TO 2ND HAND STORE
48. RIDE YOUR BIKE
49. TAKE A NAP
50. GO TO A PET SHOP AND PLAY WITH ANIMALS

What other things can you think of to try?

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