

20 Things to Do Instead of Watching TV

It's a common scenario to take a seat on the sofa and watch TV when one is bored, but there are plenty of other things you can do that are WAY BETTER! Such as...



- ☐ Go walking or jogging in your neighborhood
- ☐ Review and organize your monthly finances
- ☐ Get outside and take some beautiful pictures
- ☐ Prepare a smoothy
- ☐ Sign up for a free course online
- ☐ Read a book
- ☐ Get lost in your local library to find your next read
- ☐ Cook a delicious meal
- ☐ Draw, paint, or sketch something
- ☐ Go on a bike ride
- ☐ Sort through your old clothes and donate them
- ☐ Write a list of all the things you are grateful for
- ☐ Do a light cleaning around the house
- ☐ Write down your thoughts
- ☐ Pick up a new instrument
- ☐ Learn a new language
- ☐ Consider "side hustles" or small business ideas of something that inspires you
- ☐ Meditate

☐ Write a letter to a loved one

☐ Plan your weekly meal prep

Make and Share Free Checklists
checkli.com