

# 40 Things to do When You're Bored

Being bored can lead to anxiety and that can stress you out. Use your free time to do something productive and fun.



- 1 Listen to a podcast
- 2 Find a new recipe and good or bake something fun
- 3 Start a new book
- 4 Journal
- 5 Make a new playlist
- 6 Learn a new language
- 7 Start a blog
- 8 Plan a trip (even if it's just a weekend away)
- 9 Find some inspiring pin on Pinterest (DIY, decor, organize, etc)
- 10 Try a new workout
- 11 Hjh
- 12 Sign up for an online class to learn something new
- 13 Deep clean your home
- 14 Organize your home
- 15 Make a short film or documentary
- 16 Clean out and organize your closet
- 17 Learn a new investment strategy
- 18 Call or meet up with a friend you haven't seen for awhile

- ☐ 19 Start and finish a puzzle
- ☐ 20 Write a letter to someone
- ☐ 21 Paint something
- ☐ 22 Create a signature cocktail
- ☐ 23 Make a list of everything y
- ☐ 24 Color in a coloring book
- ☐ 25 Make a list of movie you want to watch and watch them
- ☐ 26 Start a herb or vegetable garden
- ☐ 27 Host a movie night (inside or outside)
- ☐ 28 Take a virtual trip
- ☐ 29 Have a self-care day
- ☐ 30 Plant some flowers in your yard/garden
- ☐ 31 Plan and host a tea or dinner party
- ☐ 32 Learn how to make money online doing something you enjoy
- ☐ 33 Meditate
- ☐ 34 Learn some start charts and practice looking for start and constellations in the night sky
- ☐ 35 Learn a new dance
- ☐ 36 Detail your car
- ☐ 37 Practice a new hairstyle
- ☐ 38 Visit a local business
- ☐ 39 Clean out your email
- ☐ 40 Play with your dog at the park

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