

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 Start a new book
- 3 Find a new recipe and good or bake something fun
- 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 Make a short film or documentary
- 15 Organize your home
- 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 a new dance
- 35 Learn some start charts and practice looking for start and constellations in the night sky
- 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

Make and Share Free Checklists
checkli.com