# 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 langugae
- [ ] 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

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