

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