50 THINGS TO DO INSTEAD OF ENGAGING IN UNHEALTHY HABITS
1. PUT A PUZZLE TOGETHER 26. GO FOR A RUN 2. COLOR IN A COLORING BOOK 27. EXPLORE A HOBBY 3. WRITE 20 POSITIVE THINGS AROUT YOURSELE 28. START A BLOG
2. COLOR IN A COLORING BOOK 27. EXPLORE A HOBBY 3. WRITE 20 POSITIVE THINGS ABOUT YOURSELE 28. START A BLOG
3. WRITE 20 POSITIVE THINGS ABOUT YOURSELF 28. START A BLOG 4. PLAN A FUTURE VACATION W/PINTEREST 29. PLAN A PARTY
T 11 AN A 11/11/N V ALA 11/N W/ 11/N IN 11 1 4 / 1 E/N / / 1 / N / /
6 BUTLD A BLANKET FORT 31. HAVE A DANCE PARTY WITH YOURSELF
5. FEED DUCKS 6. BUILD A BLANKET FORT 7. WATCH A COMEDY 30. GO FOR A DRIVE 31. HAVE A DANCE PARTY WITH YOURSELF 32. PEOPLE WATCH AT THE MALL OR AIRPORT 33. MAKE SOMETHING YOU PINNED ON PINTEREST
8. GO TO A BOOKSTORE 33. MAKE SOMETHING YOU PINNED ON PINTEREST
9. WRITE 20 THINGS YOU ARE THANKFUL FOR 35. MAKE A DREAM BOARD/COLLAGE
10. TAKE COOKJES TO A FRIEND OR NEIGHBOR 36 EXERCISE
11. PLAY A GAME  12. FXPIORE FOLKFOCAL LIBRARY  38. BAKE SOMETHING  11. PLAY A GAME  12. FXPIORE FOLKFOCAL LIBRARY
13. FIND A PHOTOBOOTH TO TAKE GOOFY PICS IN WITH A FRIEND 39. WRITE
14. PRACTICE A SKILL 40. PAINT YOUR NAILS
15. LEARN A NEW LANGUAGE 41. GO FOR A WALK 16. PLANTYOUR UPCOMING WEEK 42. READ A BOOK
13. TEAM TOOK OF CONTINUO WEEK
h volunting
10. TRACTICE TOOK
] 9. WATCH A MOVIE 20. WRITE A "THINKING OF YOU" CARD FOR A FRIEND
21. VISIT A NEIGHBOR 46. CLEAN
22. ORGANIZE YOUR JUNK DRAWER 47. TAKE OLD CLOTHES TO 2ND HAND STORE
22. ORGANIZE YOUR JUNK DRAWER 4/. TAKE OLD CLOTHES TO 2ND HAND STORE 23. GO OUTSIDE AND PHOTOGRAPH BEAUTY 48. RIDE YOUR BIKE 49. TAKE A NAP
24. FLY A KITE 50. GO TO A PET SHOP AND PLAY WITH ANIMALS
Z. WALK TOOK DOU

What other things can you think of to try?

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