

# 120 Things To Do At Home (Besides Watch TV and Go on Facebook)

## Cleaning/ Declutter

- Sinks
- Toilets
- Shower
- Bathtub
- Mirrors
- Oven
- Stove
- Microwave
- Refrigerator
- Freezer
- Organize Pantry
- Cupboards
- Clothes Closets
- Linen Closets
- Front Closet
- Kids' Closets
- Wash/Dry Laundry
- Fold Laundry
- Put Laundry Away
- Inside Windows
- Outside Windows
- Dust Every Nook and Cranny
- Vacuum/Mop UNDER Beds
- Vacuum/Mop UNDER Couches
- Mop UNDER Refrigerator
- Filing Cabinets
- Home Office- clean through receipts/etc
- Organize Basement
- Clean Garage
- Organize Virtual Files
  - Desktop
  - iPad
  - Phone
- Delete old emails
- Inside Vehicle
- Outside Vehicle
- Re-Arrange Your Furniture
- Clear Clutter- Aim for 5 Items/Day

## Business Development

- Improve Business Systems
- Create Marketing Plan
- Revamp Budget

- Make Customer Newsletters for the Next Year
- Create a Special for Customers
- Learn How to Use Zoom
- Learn How to Use MailChimp/Gmail
- Learn How to Sell and Market Things Online

## Learn Something New

- Knitting
- Crocheting
- Wilderness camping
- Photography
- Playing an Instrument
- Reading Music
- Painting
- Drawing
- Growing a Garden
- Planning your Garden
- Detailing your car
- Speaking a New Language
- DIY Projects
- Chopping Vegetables
- Baking
- Cooking

## Financial Planning

- Figure Out Current Net Worth
- Create a Savings Plan
- Use an Online Calculator to Forecast Your Retirement Plan
- Create Debt Reduction Plan

## Family Activities

- Play a Board Game
- Play a Card Game
- Make a Fort
- Camp in Living Room
- Dance Party
- Read to Your Kids
- Make Home Made Bubbles
- Make Home Made Play Dough
- Make Home Made Slime

- Read book out loud with spouse/partner
- In-home date night
- No power evening Candles and flashlights only
- Bake with Kids
- Cook with Kids
- Experiment with Baking Soda and Vinegar
- Make a Car or Spaceship Out of Old Boxes
- Picnic in the backyard/park

## Personal Development

- Read a Book
- Visualize
- Meditate
- Work on Public Speaking
- Plan Next Career Move
- Go On Udemy and Learn Microsoft Word, Excel, or Another Computer Program

## Future Planning

- List Places You Want to Visit in Colorado
- List Places You Want to Visit in United States
- List Places You Want to Visit in the World
- Plan a Road Trip Using an Actual Map

## Just For Fun

- Write and mail a Letter
- Do a Puzzle
- Call a Friend
- Create a New Board Game
- Create a New Card Game
- Invent Something
- Sing a Song
- Have a Dance Party
- Plan a Party
- Take a Relaxing Bath
- Recreate Your Favorite Movie Scene & Film It

- Choreograph a Dance & Film It
- Mani/Pedi @ Home
- Read Poetry
- Write Poetry

## Health & Wellness

- Brisk Walk
- Run
- Jumping Jacks
- Push Ups
- Sit Ups
- Plank
- Bridge
- Body-Weight Squats
- Lunges
- Stretches
- Yoga (YouTube has great classes!)
- Foam Roll
- Create a Workout Schedule for Next 3 Months
- Create a Meal Plan for Next 3 Months
- Learn How to Juice
- Learn How to Make Healthy Smoothies
- Register for a Walk or Race (5K, Half-Marathon, Spartan race, Tough Mudder, Triathlon, etc)
- Watch all Campbell Chiropractic Health videos

## Anything Else You Can Add Here

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