

300 Things To Do Other Than Use Media

(Don't do any that jeopardize any of your recovery programs, of course)

- ___ Call a friend to talk and catch up.
- ___ Read a book.
- ___ Throw a Frisbee or ball for your dog.
- ___ Go to a Twelve-Step Meeting (AA, NA, MAA, OA, CA, SLAA, GA, UA, Alanon, etc.)
- ___ Make a pillow or quilt out of your old t-shirts.
- ___ Go for a walk in the woods.
- ___ Go for a walk in the city.
- ___ Plan a road trip for the future.
- ___ Get out your Step work and work on your next Step.
- ___ Take a drive in the country.
- ___ Visit a museum.
- ___ Tie-dye something.
- ___ Make a food you never made before.
- ___ Try a food you never tried before.
- ___ Drive for an hour in any direction. See where you are.
- ___ Write in a journal.
- ___ Pray. Ask God questions. Get answers.
- ___ Study for and get a GED or diploma.
- ___ Go to the pet store or animal shelter and look at animals or walk them if you are allowed.
- ___ Call and visit an old friend.
- ___ Go to the gym.
- ___ Read about another country you would like to visit.

- ___ Learn about another culture.
- ___ Talk to someone you would not usually talk to.
- ___ Write a gratitude letter to a friend.
- ___ Talk with someone new in program.
- ___ Go solo camping.
- ___ Call a Program friend and see how they are.
- ___ Sit in the sunshine.
- ___ Clean your house, top to bottom.
- ___ Sort through old clothes and donate things you don't wear anymore.
- ___ Climb a big rock, mountain, or a hill.
- ___ Window shop at the mall.
- ___ Look at the clouds and see what shapes you can see.
- ___ Get an instrument and learn to play it.
- ___ Write a poem or a rap.
- ___ Go miniature golfing.
- ___ Join a group putting on a Twelve-Step event.
- ___ Think of something you want to learn and sign up for lessons.
- ___ Choose a song you like and get it ready for karaoke.
- ___ Wash your car and make it shine.
- ___ Cook a nice meal for a friend.
- ___ Make some jewelry.
- ___ Go for a run.
- ___ Bar-b-que something.
- ___ Pick up trash in your neighborhood.

- ___ Write an outline for your autobiography.
- ___ Practice your foul shot.
- ___ Write a song or poem about recovery or getting better.
- ___ Find a cool new swimming hole and go for a dip.
- ___ Go to the skateboard park.
- ___ Go make a piece of pottery for a gift for someone.
- ___ Make a list of your favorite books of all time and then read them again!
- ___ Go walk in the rain with or without a raincoat.
- ___ Go to the library and see what all you can do there.
- ___ Draw a landscape.
- ___ Paint or draw your self-portrait.
- ___ Get a book of step-by-step drawing instructions and try them.
- ___ Clean out your refrigerator and wipe down all the shelves.
- ___ Brush your cat or dog and make him or her very happy.
- ___ Offer to babysit your friend's child for free.
- ___ Offer to run errands for a busy or homebound person.
- ___ Plant a garden outside.
- ___ Plant some herbs inside for winter enjoyment.
- ___ Call your Sponsor (GET a sponsor if you don't have one!)
- ___ Spend time with your Sponsor or a Sponsee
- ___ Get a new Sponsee. One of the best ways for recovering people to give back to the

- community and to stay clean is to sponsor someone else.
- ___ Go get a new haircut.
- ___ Visit a thrift store and buy some clothes.
- ___ Write about your recovery.
- ___ Listen to music that puts you in a meditative mood.
- ___ Ride a bike on a bike path.
- ___ Try a new fruit you have never tried before.
- ___ Learn a different language.
- ___ Get started on your holiday cards, even if it is July.
- ___ Volunteer at an animal shelter walking dogs or petting cats.
- ___ Write letters to your representatives about issues that are important to you.
- ___ Learn how to do new hairstyles on yourself.
- ___ Make something out of clay.
- ___ Take up the harmonica.
- ___ Join a group fighting for a cause you believe in.
- ___ Learn how to do tai chi or martial arts.
- ___ Carve something out of a bar of soap.
- ___ Find something new to collect.
- ___ Swim some laps.
- ___ Run a mile, and then try to beat your own time.
- ___ Play catch with a kid (or adult!).
- ___ Practice playing Frisbee golf at a local course.
- ___ Take horseback riding lessons.
- ___ Go canoeing or rent a kayak or paddleboard on a local lake.
- ___ Make art as a gift for a friend.
- ___ Attend a lecture on a topic that interests you.
- ___ Join a group of like-minded people.
- ___ Volunteer to be a guide at the zoo..
- ___ Volunteer for a political movement.
- ___ Make cookies and drop them off at a Ronald McDonald House for families who have children in the hospital.
- ___ Clean out one of your drawers.
- ___ Send a letter of love to an important friend or family member.
- ___ Learn to identify birds in your yard by sight or song.
- ___ Make a photo collage of pictures of your friends or from a trip.
- ___ Edit and sort photos on your phone. Pick some to have printed!
- ___ Reconnect with old friends and make a plan to have lunch.
- ___ Visit a local historical site.
- ___ Help an elderly neighbor.
- ___ Give your dog a bath.
- ___ Take a walk in a nature preserve and visit the nature center there.
- ___ Plant flowers or even a tree!
- ___ Explore your town as if you are a tourist who has never been there before.
- ___ Go skydiving.
- ___ Go whitewater rafting.
- ___ Learn how to rock climb.
- ___ Volunteer at a school or afterschool program to help children with their schoolwork.
- ___ Draw on the sidewalk or your driveway with chalk.
- ___ Give yourself a home spa day.
- ___ Weed your garden.
- ___ Try many new flavors of tea.
- ___ Do your meal planning for the next few weeks.
- ___ Repair things that are broken in and around your house.
- ___ Focus on your breath.
- ___ Daydream about your next vacation, set a date, and develop a strategy to save money for it.
- ___ Discover a new band everyone is talking about.
- ___ Learn a new style of dance.
- ___ Sign up for college classes or go back to school.
- ___ Shampoo your carpets.
- ___ Organize your kitchen cabinets and get rid of expired items.
- ___ Cross-stitch a new design.
- ___ Learn how to knit or crochet and make yourself a scarf.
- ___ Make a list of your favorite places you have ever been.
- ___ Find new restaurants you would like to try.
- ___ Attend a sporting event.
- ___ Go to your nearest national or state park.
- ___ Throw a drug, alcohol, media free party.
- ___ Rock a baby to sleep.
- ___ Sing to a loved one.
- ___ Make a To-Do list.
- ___ Give thanks for your recovery in whatever form is most meaningful to you!
- ___ Volunteer at a theater.

- Meet a friend for lunch.
- Try a new nonalcoholic drink.
- Attend an exercise class.
- Organize old photos, albums or books.
- Cook dinner.
- Volunteer in some way in your community.
- Write a kind thank-you note.
- Play with your pet.
- Pick up a new hobby through a friend.
- Collect items from around your home for donation.
- Play a game with your child.
- Learn a new language with books or teacher.
- Try at-home exercises for toning, conditioning or flexibility.
- Help your child with their homework.
- Clean out your car.
- Frame photos or artwork and hang them up.
- Take a nap.
- Staff a polling station.
- Catch up on errands like laundry.
- Take snacks to the fire or police station.
- Call an elderly relative.
- Plant a garden in your yard (or join a community garden).
- Do a crossword puzzle.
- Plan a Staycation at home.
- Make it an early night and head to bed.
- Play music or sing with a friend.
- Catch up with your favorite friend or relative.
- Take yourself out for ice cream.
- Brew a pot of tea.
- Put together a jigsaw puzzle.
- Try mindfulness techniques.
- Catch up on budgeting for the month.
- Update or polish your resume.
- Do something kind for someone and don't get found out.
- Visit the zoo.
- Take a class on art.
- Get some coffee at your favorite coffee shop.
- Attend a play at a high school.
- Take in a recital at a college.
- Walk around the mall.
- Volunteer at a local food bank or shelter.
- Write a letter to a far-away relative or friend.
- Make a meal from scratch.
- Organize a basketball, baseball or volleyball game with friends or co-workers.
- Clean out a closet at home.
- Volunteer at church or a soup kitchen or clothing closet.
- Help with a Sunday School class.
- Take a local tour of something.
- Look through old yearbooks.
- Study the history of your town.
- Visit the Humane Society.
- Paint a picture.
- Perform for money or for free.
- Volunteer to be an usher.
- Get something fixed that needs it.
- Plan your dream weekend.
- Take up an exciting hobby you've been curious about or pick up an old hobby you liked before.
- Do something that challenges you to become a better person.
- Do something that you have been afraid to do, like dance or sing or paint or a sport.
- Learn to meditate.
- Pick up trash on a walk
- Try Yoga! Find a beginners class, book, or lessons.
- Join a club for something you are interested in.
- Help kids go camping, even if it's only in your backyard.
- Call Your Mom and tell her how important she is. If she is gone, pretend to do it and tell her anyway.
- As a mentor, take a young person out and show them things.
- Get Creative: Pick up a paint brush or a hammer and start making something.
- Make a Vision Board: Find some poster board and old magazines, and start pasting down your dreams!
- Have a Spa Day: Draw yourself a warm bath, and turn on the relaxing music.
- Organize something at home.
- Tell your dad what he means to you, even if he is gone.
- Make a Gratitude List.
- Donate things you don't want or need.
- Bake some bread.

___ Make a cake or cookies for yourself, a friend, or local fire station.

___ Establish a daily meditation or mindfulness habit.

___ Get good at crafting smoothies.

___ Go on a photo walk and see your neighborhood through a new lens.

___ Participate in a community cleanup and meet your neighbors.

___ If you are out and about and find yourself at a bar, ask for soda water with lime.

___ Go to your temple, church, or mosque.

___ Go to a spiritual or religious study group.

___ Get out an old game, book, or activity you enjoyed as a child.

___ Give yourself the gift of having an event to look forward to, by planning something ahead.

___ Get a reading tutor.

___ Become a reading tutor.

___ Go to breakfast; if you can, get takeout and take it on a lovely morning walk.

___ Or, host brunch at your home with elaborate fixings.

___ Host a coffee or tea get together.

___ Go to a thrift store and find the next new-to-you thing for yourself.

___ Find or buy an old piece of furniture and refinish, paint or fix it. Keep it, give it or sell it.

___ Do a mental health check in. How are you, really? Write it out or talk it out with a friend

___ Go to a playground and rediscover your favorite youthful pastimes like swinging and hanging on the monkey bars.

___ Sew something.

___ Sew on missing buttons or hems on clothes.

___ Make body lotion or other toiletries.

___ Spend time pampering yourself in private or have a “date” with yourself!

___ Join a bowling or baseball or basketball team

___ Explore your family tree by contacting your family members to preserve their stories or thru Ancestry.com.

___ Start a scrapbook and enjoy the walk down memory lane.

___ Pack some hot cocoa (and a sweater if it’s getting chilly) and catch a sunset at the highest point in town or at the river.

___ Take a disabled person out anywhere!

___ Have an outdoor firepit fire. Spend time with your loved ones—or just yourself.

___ Chair a Twelve-Step meeting.

___ Help a friend with a project.

___ Start a recovery theater troupe.

___ Do some yard work.

___ Make all your meals for the next week and freeze or refrigerate them.

___ Go through your clothes for yourself—what still fits? Which pieces suit your lifestyle? Only keep the pieces

you love and resell or donate the garments that still have life.

___ Set up a still life or find a beautiful location and paint or draw it.

___ Work some puzzles.

___ Create a preparedness plan and fill a bag for emergencies.

___ Join a committee to help with a recovery event.

___ Do those home repairs and projects that have been on your list for a while.

___ Follow a makeup or skin care tutorial online.

___ Go to the craft store and get a hook rug to make for your bedroom or bathroom.

___ Sort and clear out your mail or email.

___ Take an afternoon nap!

___ Find new friends at ZOOM Twelve-Step meetings.

___ Make a crockpot of beans.

___ Play trivia or cards or any board game with your friends or family.

___ Take a creative writing workshop, or organize a writing group of your own..

___ Plan a date night with someone you like around cooking a new dish together.

___ Visit someone at a nursing home.

___ Expand your business.

___ Give yourself a head, foot and hand massage.

___ Give out 100 compliments.

___ OK, start with 10!

___ Sharpen your garden tools.

___ Bake yourself a loaf of bread. You can get them frozen at the store.

___ Shine up a piece of jewelry.

- ___ Pick a frozen pie and cook it!
- ___ Make candy at home. Toffee, truffles, and fudge, oh my!
- ___ Go to the library and browse for something new.
- ___ Get a library card if you don't have one.
- ___ Share an evening of massages with your partner. If you're flying solo, you can always do a self-massage!
- ___ Go bowling.
- ___ Go skating.
- ___ Try a skateboard.
- ___ Take a scooter around town.
- ___ Make a list of positive self-affirmations and say them to yourself 3 times a day.
- ___ Look at the blank spaces between objects.
- ___ Ask someone to teach you to do something new.
- ___ Host a clothing swap with friends.
- ___ Ask your kids or grandkids what they want to do and do it.
- ___ Host your own painting night. Have everyone chip in a few bucks and buy some canvases and paints from a local craft store. Snacks and non-alcoholic drinks top it all off.
- ___ Pick out your next pet names.
- ___ Take yourself to dinner and a show and enjoy your own company for an evening.
- ___ Catch a game from a local sports team, whether it's a high school team, college athletes, or a community league.
- ___ Make a snack platter full of your favorite fruits and cheeses and spend an evening talking at home with your friends.
- ___ Buy a wall clock or watch.
- ___ Learn to cut hair.
- ___ Look for jazz cafés, open mic nights, or community bands playing.
- ___ Wander through a hardware store or nursery.
- ___ Go to a late-night yoga or fitness class.
- ___ Borrow a shelter pup for the afternoon and take them on a walk.
- ___ Foster a pet in need.
- ___ Have some spare shipping boxes that haven't gone out to recycling yet? Make a castle for your pets.
- ___ Set up a pot-luck with friends.
- ___ Dye your hair or try cutting it at home.
- ___ Clean out the garage or shed.
- ___ Re-wire a lamp.
- ___ Create care packages to send to seniors or folks in need in your community.
- ___ Make a reading list or ask someone to recommend a good book.
- ___ Start a book club and choose the first book.
- ___ Care for or paint your nails.
- ___ Find a local chapter of Toastmasters and confront your fear of public speaking.
- ___ Paint a room in your home a color you've always wanted to try out.
- ___ Take a factory tour of a local business.
- ___ Have a pizza-making party.
- ___ Drive someone to church.
- ___ Read a magazine in a field of interest.
- ___ Go foraging for wild edible plants.

What else can YOU do?