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.
___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.
___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?