

A whiteboard with a wooden frame is positioned on the left side of the image. The text '99 THINGS TO DO AND TV AIN'T ONE' is written on it in pink and black. To the right of the whiteboard is a vintage television control panel with a wooden frame. It features a speaker grille at the top and five horizontal sliders with knobs below, each labeled with '0', '2', '4', '6', '8', and '10'. The sliders are set at various levels. The background is a solid red color.

99

THINGS

TO DO

AND TV AIN'T ONE

Get off the couch. Live your life.

Television is a handy invention. It keeps us informed, entertained and can help keep the kids busy. Too much of a good thing can be bad. We can zone out or even get addicted instead of doing things that can really make an impact on our lives.

Below are 99 ideas of what you can do when you feel the lazy coming on.

In you are on the TV detox, go the Inviting Shift group page on Facebook and share what you're doing instead.

## HERE GOES...

### 1. JOURNAL

Journaling is a great way to relieve stress, release emotion and become really clear on your thoughts. You can find more than a dozen Facebook groups and sites that will offer daily journaling topics if you gets writer's block.

### 2. GO FOR A WALK.

Wherever you are, just go for a walk instead. Observe everything like it's the first time you're seeing it. Be curious.

### 3. COLOR.

Whether you use pencils, markers, paint or crayons, go be creative with color. Studies are beginning to show the stress-relief benefits when we are creative. Some even say it's meditative. Speaking of...



### 4. MEDITATE.

Even if you aren't the type to sit still for long periods of time silently, you can find many visualizations and meditative music on YouTube. Meditation of any kind allows our brain to rest and flush all the stimuli hanging around.

### 5. READ.

So much can be said about this. Fiction, non-fiction, biography, how-to, self-growth, poetry and all other writing stimulates the brain without overloading it since it goes at our pace. I loved reading when I was young, and if that wasn't you - try an audio book. You still are using reading comprehension and your brain in ways that help your brain grow - not zone out.

## 6. TAKE PICTURES.

While a selfies are ok, you don't have to limit yourself. Take pictures of nature, you apartment. Whatever. Taking pictures can put us in touch with that creative side of ours and see things from a new perspective.



## 7. FIND AN ANIMAL AND POUR ON SOME LOVE.

I can play with my dog and cat for hours because they rarely tire of joy and energy. When I play with them, I feel my energy levels rise and that unconditional loyalty and love. You don't need to have a pet either. Borrow a friend's dog for a walk or even go to an animal farm where you can touch some goats or horses.

## 8. GO PLANT SOMETHING.

Watching life grow is amazing. I have a whole garden and while it's a lot of work, it keeps me away from the TV - at least in summer time. Watching seedlings grow to sprouts and then plants and then fruit is an amazing process. I spend hours just looking over my garden in the summer. They are my spiritual breaks in the workday.

## 9. GET ONE OF THOSE BIG PROJECTS DONE.

If we broke those big projects into little steps and compared it to our average TV time, perhaps many of us would have an entire renovated house already. We have a board of all the big projects we want to get done. If we have energy and are bored - we know where to go. Many big projects can get done with a little bit here and a little bit there. Plus, once you get some momentum started, it's more likely to get done.



## 10. FIND NEW, HEALTHY RECIPES.

Everyone can use some variety in their stand-by meals and why not go healthy? When I want to zone out, I make the time productive by hopping on Pinterest and planning at least one new dish each week I'd like to try that is full of whole foods and easy-peasy - because that's how I roll in the kitchen.

## 11. COOK THOSE HEALTHY RECIPES.

Now that I have some items lined up - it's easy to check out where I pinned them and get working in the kitchen. I enjoy the kitchen - well when I have help and there's time to connect. So I pull in my husband, my son or invite a friend or neighbor over. It makes time fly and involves everyone in cooking a healthy meal.

## 12. DE-CLUTTER.

I am a minimalist at heart. It's challenging whole having others in the house that like to collect things. About once a month, I take a box to the downstairs and load in the things I think are overload and take them to the attic. A few months later I pull them and ask anyone if they want it. If not, we toss them. Just one way I de-clutter - but it's important in order to keep some order internally.

## 13. WRITE A LETTER.

The art of letter-writing seems fading and yet I yearn for the sincerity of it. It takes times to write a letter over an email. It takes thought and materials and who doesn't love getting something hand-written in the mail? Write a letter to someone you know that could use support to a parent who lives far away. It's good for the soul.



## 14. PRACTICE GRATITUDE.

Gratitude is the beginning of all growth and abundance. Practice gratitude by making a daily ritual of naming things you are grateful for and why. You can use a journal to track these things or you can get a jar and fill it with things you are grateful for so that you can review them at any time you need a little reminder.

## 15. YOGA.

You don't even need to go to the studio. There are many, many yoga videos online that you can follow, or go to my friend's site, [42yogis.com](http://42yogis.com) for tons of free videos, sorted by type and length to accommodate what you're looking for.



## 16. TAKE A DAY TRIP.

When I am particularly bored, frustrated or wanting to zone out, or do things that aren't beneficial, I plan fun trips for myself on my days off. I'll go out of town to a museum or to a city to change my scenery and refresh my senses. But you could go shopping, to a spa, skiing - whatever floats your boat. Just get out of your regular atmosphere and shake it up.

## 17. GO ENJOY NATURE.

Head for hills - or in my area, mountains. There's a few areas that I go depending on time frame available. One I can leave and comfortably be home in 2 hours, another

4 and another would take about 6 hours roundtrip. They are nature spots and most state parks - so they are even free.

## 18. VOLUNTEER.

You may not know it, but even if they aren't advertising, just about every non-profit organization is looking for volunteers in many different positions. So no matter what your expertise - or even if you don't feel you have one - there is a volunteer position for you. You can help an elderly neighbor trim some trees or find a local organization that you support to help out. If you think even bigger, the organization doesn't even have to be local since many non-profits depend on people to work from home.

## 19. PLAY DRESS-UP.

It's a great way to clean out the wardrobe and even more fun when you do it with friends (and perhaps some Reislings). Dress up, take pictures and have fun. You can then ditch anything that doesn't fit or you know you'll never actually wear.

## 20. NOSTALGIA CALLS. ANSWER IT.

Whenever I'm cleaning up or re-organizing I always see those boxes of old pictures, kid's drawings, journals and mementos and pass right by it because I'm mission oriented. It's nice to take time to revisit those memories and pass through your years.

## 21. ORGANIZE

### THOSE MEMORIES.

It's great to have a scrapbook or picture album. For me, I need notes and dates or else I will go crazy trying to remember what was which year. I love albums of memories that make it easy and attractive to look at my life.



## 22. REDECORATE.

Maybe it's just me, but I feel stale if I don't switch things around now and again. My husband isn't a fan, yet something feels so fresh and rejuvenating about a new set up. I move pictures, furniture, rugs - you name it. It helps me care for my home and feel frequently refreshed.

### *23. CONNECT WITH FRIENDS FACE-TO-FACE.*

With all the ways to exchange information today without having to see each other's faces, can make it hard to have real connection with your friends and family. Make plans to see people face-to-face even if it's via Skype. Seeing friends, laughing with others and feeling connected are important to our human nature.

### *24. BUILD A FIRE.*

There's something very peaceful and entertaining like an evening fire. I could watch the flames for hours like a meditation or have friends talking or singing around it. Tending a fire takes attention, yet offers a look into the power and magic of the flames. Or maybe it's just me.



### *25. TELL ME A STORY.*

I love stories -both the telling and especially the listening. If you're bored, write or tell me a story. You can send it to me at [christina@wholefulliving.com](mailto:christina@wholefulliving.com) or post it to the Inviting Shift page at [www.facebook.com/groups/invitingshift](http://www.facebook.com/groups/invitingshift)

### *26. ORIGAMI ME SOMETHING SPECIAL.*

Check out some origami patterns on YouTube and follow the instructions and create animals, flowers, whatever your heart desires. Be sure to take a picture and post it to our group page. Origami is a creative meditation. Good for your brain and your spirit.

### *27. JOIN A GROUP.*

If you're cool like the rest of us, you've already joined the Inviting Shift group. But for bonus points, find something else to connect yourself to other people having to do what you like to do. Often they have challenges or daily tips to keep you inspired. Like to bird-watch, fish, do crossword puzzles, read mysteries or knit? They have online groups for everything to connect people and their passions. Go find some that will inspire you to learn and grow in a community.

### *28. TRY SOMETHING NEW.*

Whether you've always wanted to try surfing, playing an instrument or learning another language, there are places you can go to now to do it. Look up community colleges or local experts and get yourself some lessons or classes. Instead of zoning out to the TV you could find something exciting to learn.

## 29. GET ACCOUNTABILITY PARTNERS.

Want to improve your health, quit bad habits, work through emotional baggage or hold yourself to specific goals? Getting support or an accountability partner will help you in whatever you are trying to accomplish. Find support for something you want to achieve and make sure you check in on a regular basis.



## 30. THROW A PARTY.

The guest list could be you, or a few friends, or a hundred. It could be your birthday, a promotion or just because you need a darn party. We don't care. Throw it. Have games, balloons or not - whatever party you want. It's a great way to celebrate the awesomeness that is you.

## 31. WRITE YOURSELF A LETTER.

What do you want to accomplish this year, what are you feeling right now, what are your biggest concerns? Write all these down in a letter to yourself. Tell yourself what you'd really like in one year and then seal it. Open it up in one year from now and compare what happened to where you were now. This is so much fun!

## 32. REACH OUT WITH APPRECIATION.

So often people have influenced our lives for the better and it's long after their impact that we notice. Write them a heart-felt email or letter to just let them know. You'd be surprised how many times they really need to hear it the moment it shows up.

## 33. HAVE A WATER-BALLOON FIGHT.

For many of us, this is a summer only activity because of, well, ice. Do yourself a favor and have an all-out water battle. Sounds like a more lively and refreshing break than sitting in stale air conditioning.

## 34. HAVE A PICNIC.

Whether it's daytime TV on the weekends or evening TV, go have a picnic in the backyard, a near-by park or somewhere even more inspired. Take a snack or a meal, a drink and a blanket and enjoy nourishment in nature.



### 35. GET MORE REST.

How many of us don't get 8 hours because we watched a few too many shows? I know I'm guilty. This is a time that it might feel good to just get some extra rest. It'll rejuvenate your body - you might even want to track it. Use the tool in the next list item.

### 36. TRACK YOUR FOOD & MOOD.

Get a boost on your health while you leave the remote where it belongs. When you give up TV you have more time to do things that are good for you and start habits that will truly reward you. Tracking your foods and moods are a great way to see how what we eat and how we feel are related. You can get a free 2 week sample of my Living Your Best Life Journal here. It includes much more than food and mood, but those 2 are a great start. [Get it here.](#)



### 37. DAY DREAM.

As a kid I was told many times to stop daydreaming and get back to reality. I loved daydreaming. I would ponder the story of whatever book I was reading, what it would be like to have a unicorn, what it would be like to be a unicorn and magic in the serendipitous way. I find it important to daydream. While many may be ridiculous, I believe that our subconscious needs it in order to work out bigger issues in our lives. Take time to daydream, it's a gateway to our intuition in my humble opinion.

### 38. CHECK IN MORE WITH SPIRIT.

This can be set up as a ritual if you like or just a silent moment. Take time to check in with spirit. How are you feeling? Are there things you need to let go of? If you're stressed and it fits, pray and then be quiet and notice the thoughts and feelings. What is spirit telling you? It may seem hokey for those not attached to religion, but speak with the Universe, your inner spirit, your chi, whatever works for you. Spirit is another gateway to our intuition.

### 39. CREATE A REGULAR DATE NIGHT.

I'm usually not home on Thursday nights because that's my night. Every other week I sit with a circle of women and on the others I plan dates. Dates with friends, date with the husband and sometimes a date by myself. It's important for a hermit like me to get out of the house and change the atmosphere.



#### 40. GIRLS (BOYS, CO-ED) NIGHT IN.

Who needs the TV when you have a group of friends, some beverages and games or music? Ditch the movie night theme and go for something appropriate for the audience - board games, casino night, glamour night, even crafting. Whatever you and your friends are into make a night to go visit them.

#### 41. BE STILL

##### WITH THE SKY.

I love this one especially in the summer when it's warm at night and I can lay down and just look at the stars. My husband loves to tell me about them although admittedly I often tune him out to just look. During the day can be just as interesting with clouds and especially storm weather. Whatever your sky looks like, go enjoy it.



#### 42. PLAY WITH THE WATER HOSE.

Or sprinkler. Or better yet, a slip and slide. Or even the best - go to a body of water and play there. There is something so cleansing and refreshing about water. So sure you could take a shower, but that's not usually as fun as playing in the water, fully clothed like a younger you who didn't care what you were wearing if there was a host around.

#### 43. HOST A GAME NIGHT FOR ACQUAINTANCES.

Having friends over for a night is one thing, and hosting a night for people you might not know as well is another level friend. Invite co-workers, friends of friends, neighbors or whoever you don't know very well and might be interesting. Play games, have dinner, whatever makes sense.

#### 44. DRY BRUSH YOUR BODY.

You know those long handled brushes with natural fibers are actually for? They are for dry-brushing skin. Yes we've made plastic ones for the tub or shower, but the natural ones are usually best used on dry skin. Scrub each limb from tip towards your body in circular motions. Exfoliation feels so good. You can look it up on YouTube for more detail.

#### 45. GIVE YOURSELF SOME NAIL LOVE.

Manicure or pedicure, take care of your nails. Put on some tunes and zone out into nail-care heaven. Although we may not make time for it, it feels so good to have a little shine and form to our tips.

#### 46. HOT TOWEL SCRUB FOR A BOOST OF SELF-CARE.

Here's an exfoliation technique I use in the morning, especially in the winter. I wake up and fill the bathroom sink with water as hot as I can take it. Then I dip in a washcloth and just like the dry brush, I scrub all of my skin from tips to body and then the body. Try it out. You got time without the tube.

#### 47. SHARPEN YOUR BRAIN.

Use this time to exercise your brain muscles. Try puzzles, crosswords, sudoku or whatever app floats your boat. Take back the numbing effects the Netflix and TV is wreaking on our minds. Sharpen the saw.



#### 48. CHILDHOOD PASTIMES.

What did you do when you were a child? Did you climb trees, go discovering, make recipes up? Whatever you loved doing when you were a child - do it again. Try it now and see if it's still fun, or even better because you are an adult and there's now endless possibilities without supervision.

#### 49. BLOW BUBBLES.

Because even if you didn't do it. You should have.

You can get all kinds of supplies rather cheap and try to make all different sizes or strings. I promise it will bring some innocent engaging stillness in your brain.

#### 50. CATCH LIGHTENING BUGS.

Hey don't kill them. I don't believe in that kind of stuff. Catch them gently or just watch them if you are afraid of ruining your pacifist nature. They are a thing of nature that just draws me in each summer night.

#### 51. DANCE.

When in doubt, just dance. A saying that has gotten me through many a hard time. I dance daily during work breaks, in my kitchen, with my dog. We love it. My husband knows I'm happy or at

least shifting my focus to happy when I'm dancing. It creates ease and space for his happiness. Dancing causes a ripple effect of happiness. You don't have to be good, you just have to do it.

## *52. VISIT A LOCAL BUSINESS YOU'VE NEVER BEEN TO.*

That local bakery or boutique is just calling your name, and yet you still haven't gone in. Take the time to check it out. There's likely some business in your area you haven't tried. Go do it. You may find a gem.

## *53. TAKE A PIE TO A NEIGHBOR*

### *YOU DON'T KNOW.*

Truthfully, it doesn't have to be a pie. I don't really care for pie, in case you are my neighbor. Cookies are the way to my heart. Anyway, take a favorite recipe whatever it is to a neighbor that you haven't been introduced to or really gotten to speak with. Sometimes the coolest people live right next door.

## *54. MAKE A HOMEMADE CARD*

I have a few friends who love to get crafty and make their own cards. Admittedly, I don't feel like my skill is of the pro kind, however, what I've learned is it really is the thought and effort that count. It says more than the words inside could. Make some whether that's gluing cut up newspaper ransom note style or elegant I drew in a few classic lines, less-is-more style. Go be creative and create a work of love to share.



## *55. LEARN NEW JOKES.*

Have you ever had a moment at a dinner party or during an awkward family engagement where you wish you had something funny to say to break the tension? Learn some jokes now and you will. You can find them all over the web, there's no excuse not to have something funny that can fit the audience on hand. Take the power of awkward situations into your own hands with prevention.

## *56. ADD TO YOUR REPERTOIRE OF WISE STORIES.*

Wisdom is learned. Sharing wisdom effectively is sometimes harder. You could create your own stories to share wisdom, or you could find stories that speak to you and really take them in for when you need it or someone asks for advice. Build your crone energy with a back-pocket full of wisdom to rely on.

## 57. TRY NETWORKING GROUPS.

Whether it's a business or a social networking group, get out there and get social. Business networking is awesome if you are looking for a job, hiring or just wanting to connect with other people in the community. There's also social networking groups that go out and do fun things together. See what you can find in your area.

## 58. SELF-MASSAGE.

How easy is it to give our muscles a good massage yet I know most of us probably don't do it (unless it's hurting). Give your muscles some quality attention with a little massage oil or coconut oil and rub your body down. Take your time and tune into each muscle.



## 59. EARTHING.

Earthing is basically walking barefoot on the earth. There are specific ways and rituals people have around it and what I know is that science has proven that walking around barefoot reduces our negative ions and electrical current in the body. And well - it feels good. Try it.

## 60. COMMUNITY EVENTS

See what's shaking in your local community. Check the local papers or online for fairs, festivals, theatre, music, charity events, bingo or whatever sounds interesting to you.

## 61. LEARN NEW COMPUTER TRICKS

We are constantly getting updates on operating systems, software, applications and cloud tools. How many times do you actually go to each update and take in all that was changed or added? I can count on no hands unless I absolutely couldn't operate the new version. So go now and YouTube tricks for your operating system or any application or tool you want to use better. You'll thank yourself later.

## 62. DESIGN MEMES, JUST FOR FUN.

I love memes on social media, specifically inspiring quotes and kick-ass phrases. Find your own quotes or even a joke and use [canva.com](https://www.canva.com) or Adobe Post. Both are easy to use and pretty self-explanatory with templates already made for the social channel of your choice.

## 63. GO PICK SOME FRESH FRUIT.

In summer, you can just about go fruit picking at any time depending on what you want to pick. Go find a u-pick farm and have some quality time in nature while you grab yourself a health snack.

## 64. GO TO A BASEBALL FIELD & WATCH THE GAME.

It doesn't have to be pro or even a farm game. There are dozens of little league games in any area in America in the summer. In the winter the same goes for local basketball or football games. Check your local sports section - they usually let you know who's playing where.

## 65. GO TO THE LIBRARY.

Many of us have forgotten this gem. Free reading (if you remember to return them on time). You can try out books you'd never think of buying and quite a variety. Sometimes they even have book clubs or events that you might be interested in.



## 66. TRY NEW STYLES.

Remember puberty and vanity? I used to spend lots of time in the mirror trying different hair styles or different make-up styles. You know - back when we made it a priority. I'm not encouraging you go vain, just spend a little time playing around to see if a new do would suit you.

## 67. WATCH A TED TALK.

TED talks are much different than TV. These unique and inspiring talks make you think about the world in new ways and find new truths. Seriously, if you haven't been to TED.com yet, do it now.

## 68. START A BLOG.

You don't have to be a great writer to have a blog. In fact, you really don't have to do much writing if you have photography, artwork or videos to share. Wordpress.com has free blog sites, so it won't cost you a penny either. Use your creativity and show people who you are.



## 69. HANG OUT WITH A KID.

Kids have their own priorities and wants. Hang out with a kid - yours or someone else's - to remember what it was like and try some new things.

## 70. ORGANIZE YOUR TECH.

I am so guilty of a messy workspace. To be honest, I only organize my tech when I am forced to - like a crash or I've run out of space. Take one TV night to organize your files, folders, music, download or whatever you have. You will be so grateful later.

## 71. GROW SOMETHING.

Whether you can garden or just want to plant a few seeds, growing plants is a fun because you can watch them grow from a little sprout to something beautiful or even edible. Get some office plants or houseplants and see if they don't liven up the space.

## 72. MORNING PAGES AT ANY TIME OF DAY.

Morning pages is a technique of reducing anxiety. The method is to wake-up and as your brain starts flooding with the tasks and worries of the day, you just sit down and write everything on your mind. It could be the grocery list, the tasks you have to do, judgements you have, negative thought - whatever. Just write it down and get it out of your head. And this works any part of the day, don't let the name confuse you.

## 73. GO SEE LIVE MUSIC.

To really appreciate music ad the years of work musicians put into practicing and developing great music, you really need to see it live. Local venues have many live music nights and many local parks even offer occasional music in the park times. Check the local paper and find some local music playing near you.



## 74. GO SEE A LIVE PLAY OR MUSICAL.

Live theatre is so much different than TV. Whether it's a high school or college performance or professionals, find local plays and musicals and choose one to go to.

## 75. TRY THE OIL CLEANING METHOD.

The oil cleaning method just about cleared my face up. You can look it up online, but it's like a mini-spa at home. All you do is fill a sink up with water as hot as your face can take it and then with dry hands, rub oil around your face. Massage it in good. I use apricot, but you can use coconut, or even olive oil. Then you take a washcloth, dip it in the hot water and lay it on your face. Do not move it until the washcloth is room temperature again. Then just wipe off the extra and viola - a clean and moisturized face in one feel-good step.

## 76. MAKE YOUR OWN SPA TREATMENTS.

Instead of spending lots of money on chemical ridden skin care, you can make your own out of natural ingredients. You can look up ingredients or check out my [Pinterest board of skin care](#).

## 77. HELP A NEIGHBOR OR A FRIEND.

I was once at a friend's house during a block party. I noticed the neighbors complaining about a fellow neighbor's poorly kept lawn. They noted that the woman could at least hire someone to care for her yard. Then one man who had been listening, got up and went home. When he came back he was pushing a mower and had hedge clippers in his hand. He knocked on the door and spoke with the woman. Then he proceeded to mow the lawn and trim the hedges. Others went to help. The woman was a young widow with kids, 2 jobs and financial trouble. She was too ashamed to show up to the neighbor party because of the shape of her landscape. The moral here is you never know when someone needs help. All you can do is ask, like this hero in the story. He stopped judging and took power into his own hands. What neighbors can you help? Can you babysit someone's kids for a mommy break? Go try something. Just ask.

## 78. REFOCUS YOUR THOUGHTS WITH A MANTRA.

Mantras and messages are soooo important in my everyday life. They bring me back to the feeling that inspired me to create them in the first place. They replace messages that no longer serve me or offer motivation to drive towards what I want. Whether it's a simple 'I am enough' or a quote like "Live life as though it were rigged in your favor" by Rumi. Think it out and find some positive messages that speak to you and will lend some support for more challenging times.



## 79. CALL AN ELDER AND ASK FOR ADVICE.

*(Even if you don't think you need it)*

We don't love our elders enough. Elders have seen more than us youngers can imagine. Many elders love sharing their knowledge and wisdom of the years. I invite you to ask one about any current challenges you're having. You don't have to follow anything they say, but stay open to it. There may be some pearl of wisdom that will one day mean something great. And it makes them happy. Do we need a better reason than that?

## 80. PLAN A DREAM VACATION.

Research different places and daydream a dream vacation. Where would you go? Where would you stay? What would you eat? What would you be wearing? Think about all the details. You'll at least be able to go in your imagination.

## 81. ORGANIZE THE NEXT DAY'S TASKS.

I am not a fan of mornings. My brain is always a little slow to wake up and it's hard for me to plan. Planning the priorities of tomorrow while the events of today are still fresh is a lot easier than waking up and wondering what needs to be done.

## 82. PREP YOUR STUFF FOR THE NEXT DAY.

Again - it's so much easier for me to pick out an outfit or prepare what I need the day before in case I run late or again if my brain just isn't functioning at full speed yet. Try it. You even have time for trying on half your closet if you do it the night before.

## 83. FIND A FAVORITE PODCASTER.

If you haven't checked out podcasts before, welcome to a whole new world. That was me. You can find podcasters on everything from starting your own business to parenting to travel. Listen to one or even a dozen and try several out.

## 84. JOIN A LIVE-STREAM.

Bored? Go on to Blab and have a conversation. There are people live-streaming right now that want some attention and love. Go there and find a conversation that interested you and join it. Or you could live-stream your own Periscope (basically live video of you) or just even video yourself and tell us what you're doing without TV. Post it to the Inviting Shift group on Facebook.



## 85. A LONG HOT BATH.

I don't know many things that a long, hot bath cannot fix. From broken hearts to utter overwhelm - steamy goodness may not be a cure, but it sure relieves the pressure. Use bubbles or one of your spa treatments if you completed #76.

## 86. WEEKLY FOOD PREP.

If you are a weekend watcher, a couple hours of food prep will have you set for a week of healthy living. Prep snacks and meal so that when you're hungry, you have something healthy to turn to rather than just convenience. It's also a time saver during the week.

## 87. RESEARCH A CURRENT EVENT.

Look we can't know everything. Sometimes I hear people talking about something current and I feel a little embarrassed that I don't have more knowledge. Here's the time to go snooping through websites you trust and read up on the middle east or the EU so you can have a knowledgeable conversation should it come up (or you bring it up because you know so much about it now).

## 88. MAKE A VISION BOARD.

A vision board is a great thing to have. All your favorite things you aspire to be, have or live. Take time and create something that will help you focus on what you want to feel, have and do in life.

## 89. MAKE A BUDGET.

This one is dreaded, and it's important to revisit as expenses and income change. Sit down. Take a breath and just be honest with yourself. And then kindly reward yourself with a piece of chocolate. Or whatever floats your boat.

## 90. TRY A FRIEND'S HOBBY.

Don't know what to do? See what your friends are doing. Usually some of your friends have hobbies or sports they participate in that you don't. Try it out for a day and see if it's for you. Be open minded - you don't need to commit - just expand your horizons.



## 91. LEARN TO JUGGLE - JUST BECAUSE.

I mean can you tell me one reason this could be a bad thing? Nope didn't think so and you can start with stuffed animals if it feels safer. :)

## 92. WRITE A LOVE NOTE.

By my own personal science, it is just as healthy to write a love note as it is to receive one. You don't need a smooching buddy either. Write one for yourself and double your healthy feelings. Tell yourself great things about you and the gifts you have. This is a great thing to keep around for those self-critical days.

## 93. CLEAN OUT THE JUNK DRAWER.

Or junk cabinet. Or junk attic. Or that room no one goes in because it's filled with boxes. Junk piles up quick. Sort through the junk and you will feel so much clearer.

## 94. FINALLY TAKE THAT PILE OF STUFF TO GOODWILL.

After cleaning out a closet or attic, you might find a lot of stuff that no longer fits your family. Take time to actually take it to the Goodwill. We have made so many piles in our attic, it was getting a bit out of hand. Take the time now to go for a drive and drop that stuff off.

### 95. GO GEOCACHING.

If you've never been geocaching, you have got to try. There's probably over a dozen apps. What is it? Hidden treasure - everywhere. One of the points could be within walking distance now. Check it out.

### 96. GO TO THE THRIFT STORE.

The thrift store is great for cheap, unique clothing, household items and so much more. Spend a little time there. See what fun time periods are represented and maybe even find a trend you can bring to life.

### 97. SET GOALS.

Use this time away from the zombie box to think about what you want to get done this year, next 5 years, etc. Make some goals and create steps to get it done. Don't forget the deadlines to keep you on track. If you need help planning, let me know. We'll do a quick chat to get you on your way.

### 98. TAKE IN SOME HISTORY.

Go to a national historic park. They are all over. You can find history of the early cultures where you live or do some research about history of your choosing.

### 99. TAKE A COOKING CLASS.

A great way to socialize and brush up your culinary skills is by taking a cooking class. Almost every area has something at either a community college or local restaurants. Try something new today.

*So there you have it!*

99 things to do without a TV set. Go enjoy the season, hang out with your peeps or build a business. Just do something.

We're starting the group detox July 5. Join us then or whenever you want to detox. Share what you've been doing instead. See what others have done.

<https://www.facebook.com/groups/invitingshift/>

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