

NoSO CHECKLIST

IF YOU ARE BORED, TURN TO THIS LIST!
(SAMPLE LIST)



I WANT TO TRY:

- COLD PLUNGE
- GO ON A HIKE
- MEDITATION
- BAREFOOT WALK
- TRY BREATHWORK
- TIE DYE A SHIRT
- BAKE SOMETHING
- GO TO A LOCAL EVENT
- TRY NEW FORM OF MOVEMENT
- GO TO A NEW CITY
- JOIN SCHOOL CLUB

CONNECT WITH OTHERS

- WRITE A LETTER TO SOMEONE YOU LOVE
- SAY HI TO 5 PEOPLE
- MAKE A GIFT FOR SOMEONE
- PAY IT FORWARD
- CLEAN UP NEARBY PARK
-

OTHER

- DONATE TO NONPROFIT
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I NEED TO DO:

- SET GOALS FOR MONTH
- CLEAN MY ROOM
- EXERCISE
- CALL MOM
- DO HOMEWORK

SMALL TASKS

- CLEAN OUT DRAWER
- COMPLETE PUZZLE
- CLEAN BATHROOM
- DONATE OLD CLOTHES
- WATER PLANTS
- FIND NEW MUSIC
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CREATIVE EXPRESSION

- PAINT SOMETHING
- START A DAILY SKETCH BOOK
- WRITE A STORY
- WRITE A SONG
- TRY AN INSTRUMENT

HEALTHY COPING MECHANISMS

- TAKE A BATH
- CALL A FRIEND
- JOURNAL ABOUT FEELINGS
- TALK TO SOMEONE NEW
- RE-DECORATE ROOM
- READ A NEW BOOK
- DEEPEN SPIRITUALITY
- RANDOM ACT OF KINDNESS

IMPORTANT

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NoSO CHECKLIST

IF YOU ARE BORED, TURN TO THIS LIST!

-----'S LIST _



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BASICS

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