



Checklist of 300+ Ways to Find Renewal

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300+ Ways to Find Renewal

There are times when we need to renew our minds, bodies, and spirits. This guide provides over 300 ideas in various categories to serve as inspiration. Whether it is to find a new idea, rekindle an old passion, inspire creativity, or connect with others in a different way these suggestions serve to restore, renew, and refresh.

At the end is a guide to help you brainstorm your top ideas and plan that next activity.

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At Home

- Host a potluck
- Play with a pet
- Exercise to a new YouTube video
- Redecorate
- Dance to music
- Cook a new dish
- Bake your favorite dessert
- Clean house
- Eat chocolate or a favorite snack or dessert {be careful not to overindulge}
- Watch a comedy on TV
- Learn a new dance
- Make a time capsule
- Daydream
- Sit in front of a roaring fire
- Pop some bubble wrap
- Buy fresh flowers
- Use aromatherapy {this can really help with your mood}
- Get plenty of sleep
- Watch your favorite TV show
- Walk or Run in place
- Cut coupons
- Sip on a cup of hot tea or cocoa
- Paint a scene for yourself
- Dress up and hold your own photo shoot
- Stroke the cat
- Shell peas

Outdoor at Home:

- Gardening
- Create a Zen garden
- Sit outside and listen to the birds
- Take a walk
- Walk the dog
- Hula hoop
- Jump on a trampoline
- Chase butterflies
- Take a bike ride
- Go for a run
- Create herb garden
- Walk in the rain
- Fly a kite
- Soak up nature
- Climb a tree
- Create succulent arrangement
- Gather pine cones {then paint or arrange them}
- Paint rocks and write inspirational messages
- Make a mosaic
- Make a sign out of beans
- Walk through a field
- Soak up the sun
- Rock paint and place in yard or hide
 - Over 1,000 clubs or join a Facebook club
- Paint or paint outdoor scenes
- Create a neighborhood treasure hunt and walk around to find the items

Stress Relief

- Sleep in on day off
- Sip a cup of tea
- Go outside and breath deeply for five minutes
- Buy a punching bag to hit
- Go outside and scream
- Squeeze a stress ball
- Jumping jacks
- Laugh, Laugh, Laugh
- Chew gum
- Blow bubbles
- Smile
- Cry
- Yoga or Tai Chi
- Watch fish swim in a tank
- Look out the window
- Surround yourself with plants
- Allow yourself to sleep in on your day off or the weekends
- Breathe deeply and count to 100 {if you need to then count backwards from 100}
- Stretch
- Brush hair
- Take a long shower
- Soak in a lavender bath
- Snuggle up in a blanket
- Roll your feet over a golf ball
- Listen to wind chimes
- Watch a funny video, comedian or Funniest Home video
- Watch or listen to a nature video

Reading or Writing

- Read a book
- Write poetry
- Write a story
- Write your life story
- Read poetry
- Write a song
- Read the lyrics to a song
- Journal
- Write a letter
- Write thank you cards
- Work through a Bible Study
- Read a magazine
- Read a popular Children's story
- Write scriptures and post around the house
- Write 10 gratitude's.
- Doodle, sketch or color
- Write a list of things and people you love
- Post positive affirmations around the house
- Write cards to mail to others
- Write your goals and dreams
- Write your biography
- Write how a song you really resonate with makes you feel
- Read a biography
- Write a letter of forgiveness
- Write a story about people who pass by
- Write a story about what you would do with a million dollars
- Read the story behind a song, popular movie, popular book, etc.

Design, Plan, Organize, and Arrange

- Decorate a room or rearrange a room
- Create a vision board of your happy place or somewhere you would like to visit
- Design your dream outfit or dress
- Declutter a room or area
- Rearrange your closet
- Organize your photos
- Make a scrapbook
- Plan a vacation
- Create your own wall art
- Design an avatar
- Create and pin Pinterest boards
- Draw or plan your ideal home
- Plan a dream wedding from start to finish
- Organize your year from A to Z
- Design or plan your own town
- Arrange an flower arrangement

Spiritual Growth

- Bible Study
- Read the Bible
- Pray or meditate
- Study about a person in the Bible
- Pray for others
- Turn off the TV, phone, radio and all other distractions and sit quietly {soak in the silence}
- Write a gospel song in your favorite genre
- Write a sermon to your 16-year-old self

Watch or Listen to:

- Watch a video or TV show of animals in their natural habitat
- Take a virtual trip or vacation
- Look at a book of pictures
- Watch a ballet
- Watch a documentary
- Listen to a podcast
- Watch a music video
- Take an online survey
- Surround yourself {or your designated area} with items that inspire you or hold great sentimental value
- Online self-help quizzes
- Find quotes or motivational sayings
- Listen to a motivational speech or TedTalk

Athletic

- Shoot baskets
- Throw a frisbee
- Laser tag
- Horseback riding
- Tennis or Table tennis
- Rock climbing
- Line dancing
- Run
- Hike
- Bike
- Bowl
- Skate
- Golf
- Ice skating
- Skate board
- Camping
- Swimming
- Sign up for a 5k

Outdoor

- Go to a yard sale
- Start a walking club
- Take a walking tour around town
- Drive through the mountains
- Have a picnic
- Sit in the park
- Play tennis
- Go boating
- Go camping
- Take a helicopter ride
- Take a ghost tour
- Play a round of putt putt
- Explore a cemetery
- Track hop
- Go fishing
- Fly a kite
- Go stone skipping
- Watch a waterfall
- Ride in a horse drawn carriage
- Walk the beach and collect seashells
- Swing on a swingset
- Walk a trail or at a nearby park
- Take pictures of nature
- Take a long drive
- Go sight seeing
- Pick own berries or plants

With Others

- Lunch with a friend
- Coffee with a friend
- Shopping with a friend
- Attend a church service
- Attend a Bible Study
- Attend support group meeting
- Attend a new church
- Take a class at a nearby library or university
- Join a club
- Attend a concert
- Go to a ball game
- Go dancing
- Visit children or grandchildren
- Have a boys/girls night out
- Go on a date with spouse
- Spend time with grandchildren
- Start a book club
- Go thrifting
- Have a progressive dinner party { different course at different houses }
- Host a costume party
- Join a softball team

In the Community

- Visit a thrift shop
- Attend an auction
- People watch
- Walk at the mall
- Walk around an outdoor garden
- Visit a place of historical significance
- Go antiquing
- Visit a National Park
- Visit a State Park
- Attend a class at local university or technical school or library
- Attend a conference or seminar
- Go to the movies
- Go to a coffee shop
- Attend live theater show
- Visit a museum
- Go to the library or a bookstore
- Visit a farm
- Attend a local production
- Plan a fun day
- Walk around a grocery store or department store
- Window shop
- Attend a symphony
- Go to a farmer's market
- Watch a stand up comic or comedy show
- Try a new restaurant
- Look at Christmas lights
- Search for classes, concerts, or other items of interest in your community
- Watch a magic act
- Volunteer

Fun and Games

- Chess
- Card game
- Board game
- Put together a puzzle
- Work a crossword puzzle, Sudoku or word find
- Learn a new game

Music

- Learn a new instrument
- Play an instrument
- Sing
- Listen to a new artists or composer
- Move freely to music
- Watch a musical
- Listen to your favorite song
- Whistle a tune
- Sit and really focus on the lyrics

Learn A New Hobby

- Pottery class
- Martial Arts
- Equestrian riding
- Cooking Class
- Watch YouTube video to learn new DIY Project
- Crochet or knit
- Family History
- Foreign Language
- Soap Making
- Candle Making
- Cross Stitch or Embroidery
- Woodburning
- Paint
- Ceramics
- Flower Arranging
- Create a doll house
- Jewelry making
- Origami
- Sewing
- Dress making
- Calligraphy
- Photography
- Bath scrubs
- String art
- Glass etching
- Quilting
- Model kit
- Build a log cabin {out of Lincoln logs}
- Build a Lego building

- Make a baby's blanket
- Arrange flowers
- Make your own water globes

Food Related

- Have a tea party
- Go wine tasting
- Sample goodies at a bakery
- Tea tasting
- Coffee tasting
- Try a new restaurant
- Make chocolate
- Try a new recipe
- Create a new recipe
- Decorate cupcakes or a cake
- Go out to eat by yourself
- Make your favorite meal
- Eat a snack
- Sniff citrus
- Drink a green drink
- Take a coffee break
- Taste a new food
- Eat a piece of fruit
- Plan a 7 course meal
- Try a cup of lavender lemonade {recipes can be found online }

Self-Care

- Get a massage
- Take a bubble bath
- Go for a manicure and/or pedicure
- Go for a facial
- Get your hair cut or colored
- Take a weekend vacation
- Go for a swim
- Try acupuncture
- Call a friend
- Soak your feet
- Enjoy a water fountain in the home
- Burn favorite scented candle
- Use new scent in aromatherapy diffuser
- Write self a love letter
- Give yourself a gift
- Give yourself a facial and place cucumbers over your eyes

Giving to Others

- Bless someone else
- Volunteer
- Speak to a stranger
- Do a kind act for a stranger
- Give a hug
- Tell a joke
- Visit a children's home
- Visit a nursing home
- Visit an animal shelter
- Become a mentor
- Become a Big Brother/Big Sister
- Tutor
- Fill Blessing Boxes
- Fill an Operation Christmas Child box
- Volunteer at a soup kitchen or shelter

Break It Down:

5 Things I enjoy doing:

- _____
- _____
- _____
- _____
- _____

5 New Hobbies I'd Like to Try or Learn

- _____
- _____
- _____
- _____
- _____

What Gives You Joy:

- _____
- _____
- _____
- _____
- _____

Plan It Out:

- Activity

- Budget:

- Available Time Frame:

- Possible Companions:

- Special Needs

- Notes:
