

# 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
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## 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

*I*MPORTANT

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\_\_\_\_\_ 'S LIST \_



## I WANT TO TRY:

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## CONNECT WITH OTHERS

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## I NEED TO DO:

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## SMALL TASKS

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## CREATIVE EXPRESSION

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## HEALTHY COPING MECHANISMS

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