

# ALISHA'S LIST OF 100 THINGS TO DO BESIDES EAT

1. Drink a glass of water.
2. Write out a list of goals - short term and long term.
3. Read a book you have been wanting to read.
4. Make a list of books you want to read.
5. Balance your check book.
6. Make a list of things you want to do around your home and start doing one of them.
7. If you are into crafts, look up crafts on Pinterest that use items you have in your home and do a project.
8. Make a list of people you want to encourage and write one of them an encouraging letter or make them a card.
9. Write thank-you cards to people for being great.
10. Journal. Write out your joys and the things you are grateful for.
11. Go to the gym.
12. Look up workouts on Youtube and do one of them.
13. Light some candles, play some soft music, and take a warm bubbly bath.
14. Make a list of random good deeds you can do and then do one of them, or put it on the calendar to do one of them.
15. Make a list of the things you can organize (kitchen drawers or cupboards, office space, pantry, linen closet, clothes closet, basement, etc.). Then, go organize one of the things on the list or look up ideas of how to organize it on Pinterest or on google.
16. Think of appointments you need to have but have been putting off. Call the places and get the appointments on the calendar.
17. Call a family member you have not talked to in a while.
18. Paint your nails, clip your nails, or go get a manicure.
19. Dye your hair.
20. Get a haircut.

*Am I hungry,  
or  
just bored?*

21. Go buy new make up or nail polish.
22. Look at the calendar to see what birthdays are coming up and make some birthday cards/go buy birthday cards for the people you love.
23. Take a walk.
24. Go through your seasonings and throw out any that have expired.
25. Clean out the fridge/throw out things that have expired.

# 100 THINGS TO DO BESIDES EAT (cont.)

26. Meal plan for the next week.
27. Think of something sweet you can do for the love in your life and do it.
28. Write a sweet note to your children letting them know what you appreciate about them.
29. Play your favorite song from your childhood/teen years and belt it out while you dance to it.
30. Dream up new layouts for your rooms and rearrange your furniture.
31. Surprise your kids and clean their rooms.
32. Surprise your kids and paint their rooms.
33. Weed, plant flowers or shovel the snow.
34. Do a devotional.
35. Read the Bible.
36. Write in a prayer journal, or lay down in a relaxing room and pray. Pray for others you love and for yourself. Pray for strength, peace, love, joy, patience, direction and protection.
37. Lift up the cushions on the couch and vacuum under them.
38. Move the couch and sweep under it.
39. Dust, clean ceiling fans, and take care of cobwebs.
40. Do laundry.
41. Make a list of reasons why you want to lose weight or get healthier.
42. Make a "to do" and a "to buy" list.
43. Brush your teeth.
43. Wash your car.
44. Watch a movie.
45. Take a nap.
46. Go to the library.
47. Learn something new.
48. Take things you don't use anymore to a thrift store.
49. Make a 1 year plan, 5 year plan, and a 10 year plan. Assess where you are now and where you want to be. Set goals and map out a plan to reach those goals.
50. Send flowers to someone you know is feeling down or who is going through a hard time.
51. Read your favorite blog or magazine.

*because there  
is more to life  
than food.*

# 100 THINGS TO DO BESIDES EAT (cont.)

52. Put 50–100 paper hearts in a box. On each, cutout write something that is special about someone you love. Give the box to them and tell them to pull out a heart whenever they need some encouragement.
53. Do the same thing above, but with encouraging Bible verses.
54. Spread positive gossip... "Hey! Did you hear what Susie did the other day? It was amazing..."
55. Make gift baskets.
56. Make sweet notes that you can stick in your kid's lunches.
57. Play solitaire with a real deck of cards.
58. Invite friends over to have a game night.
59. Delete pictures off of your phone. When you find a really cute one of a friend or family member, tell them that you found this adorable picture of them when you were clearing pics off your phone and send it to them.. They'll love it.
60. Clean out your purse.
61. Go through every book on your book shelf and box up any you won't ever read again. Donate them somewhere or sell them online.
62. Find something in your house that needs to be repainted or freshly sanded and stained. Then do it.
63. Do something special that you know your significant other will appreciate – like organizing for the kids to be with friends one night and surprising him/her when he/she gets home from work with an unexpected date night.
64. Write a positive review online for something you bought, a place you went to, or a service you had done.
65. Offer to make a meal for someone.
66. Start a box of memories for your kids to look back on one day.
67. Secretly start writing letters to your kids that you will give to them when they have their first kid, or when they graduate, or when they turn 18, etc.
68. Write quotes/sayings/Bible verses that inspire you on post-its and put them in places where they will serve as a reminder to you.
69. Do an adult coloring book or a paint-by-number book.
70. Send surprise post cards to friends who live far away.
71. Do a puzzle.
72. Do a word search.
73. Play Sudoku.

*reach out  
to a friend*

# 100 THINGS TO DO BESIDES EAT (cont.)

74. Rearrange your books on your book shelf.
75. Experiment with your hair.
76. Write a note to a grandparent.
77. Make a vision board.
78. Wash your windows.
79. Look through old family photos/scrapbooks/yearbooks.
80. Listen to a podcast while you go for a walk.
81. Clean your make-up brushes.
82. Do yoga.
83. Flip through a cookbook and bookmark/post-it ones you want to try.
84. Look up healthy recipes and snacks online and make a meal plan/grocery list with them.
85. Delete emails and unsubscribe to emails you never open.
86. Facetime or skype with a far-away friend.
87. Take a nap.
88. Play around on Pinterest.
89. Watch a documentary that you think will be interesting.
90. Watch funny or cute videos on Youtube.
91. Ride a bike.
92. Look up little ways to save money or make money.
93. Start a fitness journal.
94. Clean your kitchen and buy some flowers to put on the kitchen table.
95. Go outside and take pictures of nature.
96. Wash the sheets on the beds in your house.
97. Create a chore chart for your kids.
98. Make a list of things you plan to do this summer - big and small.
99. Take a road trip.
100. Make your own list of 100 things to do when you are bored that is specific, personal and unique to you.

Dream

Create

Inspire

