



Finding a New Hobby

What past experiences have you kept thinking about?

What have you been putting off?

What did you enjoy doing as a child?

1. Take a class in dancing, gardening, painting, pottery...anything!
2. Create a vegetable or herb garden.
3. Try a DIY or update a room.
4. Learn a different cuisine of cooking, or, learn to cook!
5. Learn calligraphy.
6. Join or start a book club.
7. Start scrapbooking.
8. Write a short story or poetry.
9. Write your autobiography.
10. Learn a new instrument.
11. Learn embroidery, sewing, crochet, or cross stitching.
12. Try candle or soap making.
13. Try a different form of exercise; yoga, Pilates, cycling, Zumba, weight lifting.
14. Learn a new language.
15. Buy an adult coloring book.
16. Try drawing cartoons.
17. Take a theater class or join a local theater troupe.
18. Genealogy.

