

180 Things to Do Instead of Drinking - Compiled by SMARTies

1. Read a book
2. Take a walk
3. Play a musical instrument
4. Knit
5. Clean your closets
6. Research your genealogy
7. Cook a gourmet dinner
8. Write an article for your local newspaper
9. Go take some pictures
10. Clean the mildew in your bathroom
11. Start writing that book you've been planning
12. Plan a garden
13. Plant a garden
14. Play with a pet
15. Read to a child
16. Visit someone in an old folks' home
17. Watch a news special on TV
18. Set up a family budget
19. Make a web site
20. Take up archery
21. Exercise
22. Go to an online recovery meeting
23. Surf the internet
24. Call your mom
25. Learn a foreign language
26. Write a poem
27. Play golf
28. Take a bubble bath
29. Draw
30. Teach a parakeet to whistle
31. Take a nap
32. Listen to music
33. Paint
34. Clean your desk
35. Start a stamp collection
36. Go window shopping
37. Browse in a book store
38. Go to an art gallery
39. Go for a drive
40. Paint a room
41. Watch the clouds go by
42. Play darts
43. Do target shooting

44. Do home repairs
45. Clean your garage
46. Sort your photographs
47. Make a scrapbook
48. Climb a tree
49. Plant a tree
50. Make marmalade
51. Make a list of things to do
52. Write a letter to the editor
53. Volunteer somewhere
54. Take a hike
55. Take a college class
56. Try yoga
57. Meditate
58. Get a massage
59. Make fruit smoothies
60. Bake cookies
61. Do a crossword puzzle
62. Go to the gym
63. Plant a color bowl
64. Sharpen your pruning tools
65. Change your engine oil
66. Sew
67. Groom your dog
68. Go see a play
69. Write a sonnet
70. Sort your recipes
71. Play solitaire
72. Go bird watching
73. Write a letter to a friend
74. Read a poetry book
75. Repot your houseplants
76. Go to a movie
77. Mow your lawn
78. Put up (or take down) your Christmas lights
79. Make pickles
80. Go jogging
81. Watch sitcoms
82. Plan menus for a diet
83. Do a jigsaw puzzle
84. Play chess
85. Write a country-western song
86. Watch a video
87. Go for a bike ride
88. Plant an herb garden

89. Start an online journal
90. Dye your hair
91. Go to a restaurant
92. Lift weights
93. Bake some bread
94. Learn a martial art
95. Polish the furniture
96. Make a flower arrangement
97. Read the newspaper
98. Start some seeds
99. Sort your magazines
100. Do some laundry.
101. Join a book club
102. Train your dog to be a therapy dog
103. Rake up the leaves
104. Tiling the back splash or some other job you would have to pay \$\$ to someone else to do
105. Join a community choir
106. Join your Church choir
107. Take a Music Appreciation course
108. Join a Community Theater group
109. Take singing lessons
110. Take up bowling
111. Take a nature walk
112. Play with your kids
113. Volunteer at a homeless shelter
114. Volunteer at a school
115. Pick up garbage in a park
116. Tickle your kids
117. Play basketball
118. Volunteer at an animal shelter
119. Read to a child or pet
120. Sign up for obedience training with your dog
121. Take a walk and pick up litter you see on the way
122. Spend time at the library
123. Sort all your digital photos and make an album to print for holiday gifts to family.
124. Help your kid organize his closet.
125. Figure out the melody and chords to your current favorite tune on the piano.
126. Practice your holiday cookie recipes
127. Make crackers from scratch (that one didn't go so well).
128. Make tortillas from scratch (better).
129. Reread a book you haven't read for years.
130. Tango
131. Learn about someone else' s religion.
132. Reread one of your college textbooks.
133. Key out a wildflower.

134. Do your nails.
135. Do word puzzles.
136. Play a board game.
137. Burn CD's of some of your favorite music for a friend.
138. Plant a bonsai.
139. Play Mad Libs.
140. Speak only in heroic couplets for an hour.
141. Read poetry online.
142. Ride a stationary bicycle.
143. Set up a domino topple.
144. Play backgammon.
145. Build a house of cards
146. Make an entry in Wikipedia.
147. Read a world almanac.
148. Publish a family newsletter.
149. Throw cards at a hat.
150. Go to bed.
151. Take up pottery.
152. Get a facial
153. Wash your windows
154. Wash your car
155. Go rock climbing
156. Go skiing
157. Deliver food to shutins
158. Build a snowman
159. Pay your bills (ouch)
160. Balance your checkbook (OUCH)
161. Learn to knit
162. Learn to crochet
163. Go fishing for walleyes!
164. Fry walleye for dinner
165. Tie ones own nightcrawler harnesses. (arts and crafts for fishermen!)
166. Wash the boat
167. Organize ones tackle
168. Go to Cabela's shopping. (for walleye related equipment)
169. Look for Fishing bargains on ebay
170. Vacuum the floor of the boat.
171. Organize the freezer so more walleye fillets can be easily stored.
172. Ponder who might like to come along on the next fishing foray and offer an invitation.
173. Peruse a Cabela's catalog for ideas on future needs.
174. Bake bread from scratch
175. Clean a teenager's room (ick)
176. Take teenager to recruiter's office
177. Plant winter garden
178. Call your parents

179. Call an aging relative....

180. Make your own homemade pasta from scratch