

# 30 Days of No-Spend Activities

..... Ordinary & Happy .....



	1	2	3	4	5	6
	Watch the sunset from a scenic spot.	Find an outdoor concert or performance in your town.	Have a puzzle night.	Volunteer for an afternoon.	Go for a scenic walk.	Explore a pop-up market or event in your local area.
7	8	9	10	11	12	13
Have an at-home movie night.	Stargaze from the backyard.	Create a playlist of happy songs.	Read a book.	Identify bird calls in the backyard or a park.	Make a time capsule.	Draw in a notepad or sketchbook.
14	15	16	17	18	19	20
Take a free online class.	Watch a documentary.	Organize a video call with friends.	Research your family tree.	Write your bucket list.	Write a poem.	Dance to your favorite songs.
21	22	23	24	25	26	27
Go on a photography walk with your phone.	Play chess.	Go to a museum with public exhibitions.	Go for a run or run with a local running club.	Catch up with a close friend.	Try some journaling.	Go for a bike ride (if you have bikes).
28	29	30				
Have an at-home craft afternoon.	Have a bubble bath and watch a movie.	Wake up and watch the sunrise.				