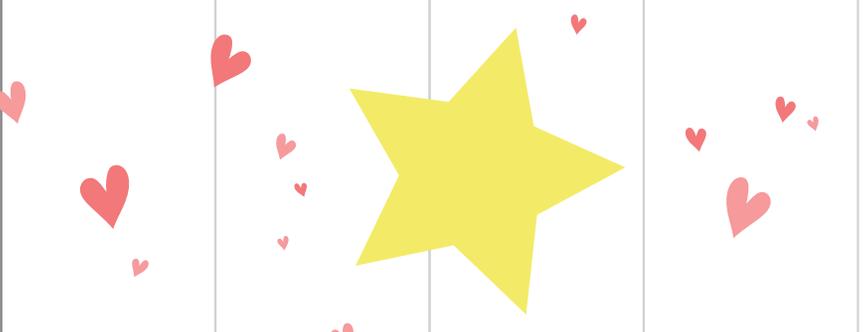


Ideas for a No-Spend Month

..... Ordinary & Happy



	<input type="checkbox"/> Watch the sunset from a scenic spot.	<input type="checkbox"/> Find a public concert or performance in your town.	<input type="checkbox"/> Have a puzzle night.	<input type="checkbox"/> Volunteer for an afternoon.	<input type="checkbox"/> Go for a scenic walk.	<input type="checkbox"/> Explore a pop-up market or event in your local area.	
<input type="checkbox"/> Have an at-home movie night.	<input type="checkbox"/> Stargaze from the backyard.	<input type="checkbox"/> Create a playlist of happy songs.	<input type="checkbox"/> Read a book.	<input type="checkbox"/> Identify nature sounds in the backyard or a park.	<input type="checkbox"/> Make a time capsule.	<input type="checkbox"/> Draw in a notepad or sketchbook.	
<input type="checkbox"/> Take a free online class.	<input type="checkbox"/> Watch a documentary.	<input type="checkbox"/> Organize a video call with friends.	<input type="checkbox"/> Research your family tree.	<input type="checkbox"/> Write your bucket list.	<input type="checkbox"/> Write a poem.	<input type="checkbox"/> Dance to your favorite songs.	
<input type="checkbox"/> Go on a photography walk with your phone.	<input type="checkbox"/> Play chess.	<input type="checkbox"/> Go to a museum with public exhibitions.	<input type="checkbox"/> Go for a run or run with a local running club.	<input type="checkbox"/> Catch up with a close friend.	<input type="checkbox"/> Try some journaling.	<input type="checkbox"/> Go for a bike ride (if you have bikes).	
<input type="checkbox"/> Have an at-home craft afternoon.	<input type="checkbox"/> Have a bubble bath and watch a movie.	<input type="checkbox"/> Wake up and watch the sunrise.					<input type="checkbox"/>