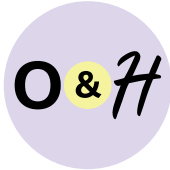


31 Days of **Fun** No-Spend Ideas for August

	S	M	T	W	T	F	S
2 L A S T S	30 Have a movie night at home.	31 Create your fall bucket list.	28  Ordinary & Happy	29 	30	31  S T A R T	1 Take a free skills class or follow a tutorial online.
	2 Go for a scenic walk at the local park or somewhere nearby.	3 Catch up with a friend or family member.	4 Try to come up with a creative recipe with what you have in the fridge & pantry.	5 Go for a sunset walk in your neighborhood.	6 Play your favorite songs in the background at home in the evening.	7 Write out your dreams for the remainder of the year.	8 Create a cozy nook for yourself at home.
	9 Take a bubble bath.	10 Try gratitude journaling today.	11 Create a 'memory lane' playlist with your all-time favorite songs.	12 Do pilates or a stretching routine at home.	13 Donate old clothes you no longer need.	14 Stargaze in the evening.	15 Take a free phone photography class.
	16 Visit a free museum or art gallery.	17 Take your lunch break outside.	18 Draw or do another creative activity at home.	19 Work on a puzzle or crossword.	20 Rearrange the furniture in one room.	21 Organize your photos (in an album or on your phone).	22 Watch the sunset from a scenic spot.
	23 Volunteer for the day.	24 Have a dance party in the living room.	25 Go to a free hobby meetup.	26 Have a fashion show at home.	27 Camp out in the backyard (or in the living room).	28 Catch up on your favorite shows.	29 Visit the local library.