

17

Constructive Things To Do on a Day Off Without Spending Money

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

Long holidays feel terrific, but even a single day off can recharge your batteries if you spend your time wisely. Think of all the rewarding things you can do in your own home or around your neighbourhood – for free! Take a look at these ideas to get you started.

Rewarding Things You Can Do in Your Own Home

Meditate. Reflection is good for your mind and body. Sit down and breathe deeply. Let go of tension and get in touch with your values and dreams. It's okay if you fall asleep at first. **Catching up on rest may be the first step to transforming your life.**

Write letters. Send someone a heartfelt letter or a sentimental card. Composing thank you notes will lift your spirits and spread joy to others.

Advance your career. Update your resume or research a new project you can propose to your supervisor. Edit your LinkedIn profile and invite at least 3 new colleagues to connect with you.

Study online. Major universities and other organizations offer free courses on a wide range of subjects. Choose something related to your work or take a closer look at a topic you've been curious about.

Create a spa experience. Pamper yourself with a warm bath and manicure. Massage your neck and shoulders. Soothe your eyes with sliced cucumbers or damp tea bags.

Paint a picture. Flaunt your creativity. **Practice your hobby or try a new project.** Dabble in watercolours or draw in pastels. Play the piano or build a tower with Legos.

Write a business plan. Maybe you want to be your own boss or generate some side income. Putting your thoughts in writing will clarify how to make your project profitable.

Redecorate a room. Whip your laundry into shape. Hang up a colourful poster or redo a wall with leftover blackboard paint.

17 Constructive Things to do on a Day Off Without Spending Money cont.....

Super Things to Do in Your Neighbourhood

<p>Stroll through the park. Walk along the trails or watch the wildlife. Sit on a bench and let the children play on the playground.</p>	<p>Appreciate art. Museums often have free admission at least once a year. Admire the collection and bring your sketch book.</p>	<p>Visit your library. See what's on the calendar. In addition to borrowing books, you may want to watch a documentary or learn a new software program at your local library.</p>
<p>Tour a campus. Most universities open their grounds to the public for noncommercial uses. Look up public events or explore the continuing education department.</p>	<p>Pack a picnic lunch. You have to eat. Enjoy your sandwich outdoors.</p>	<p>Join your child at school. Show your support for education. Ask how you can help out in your child's classroom.</p>
<p>Get a free checkup. Pharmacies and health fairs provide all kinds of services at no cost. Find out more about your blood pressure or risk of diabetes.</p>	<p>Stop by a change machine. Maybe you're coming up with a long list of ideas for your next day off. Turning your change into notes will give you money to spend on your next outing.</p>	<p>Volunteer somewhere. Contact local nonprofit organizations to see what kind of short- term volunteer assignments they have. You might be able to walk dogs at an animal shelter or sort deliveries at a local food bank. If all goes well, you can make it a weekly date to share with your friends and family.</p>

At no cost whatsoever, you can devote your day off to activities that will restore your energies and leave you with a lasting sense of satisfaction. Sometimes a brief break is all you need to break up the monotony of your usual routine and return with a fresh outlook.