

Seize the Opportunity of Home Quarantine

Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those things you never have time for. Tick the ideas you're willing to try and share this list.

- Sort and tag your [digital photos](#)
- Make into a [collage or poster](#)
- Research your **next holiday**
- Do a [photography project](#)
- Attend a [Twitter Conference](#)
- [Declutter](#). Baby steps.
- Research a [charity](#) to support
- Prep and [freeze some meals](#) for when you're sick or back at work
- Create a [digital](#) scrapbook
- Start a [gratitude journal](#)
- Write letters of love or thanks** to your people. Post them.
- Research something** you have always wondered about
- Have a **scented bubble bath** with candles and music
- Write an advice letter to the **teenager you were**. Write another to **yourself in 20 years**.
- Learn a [heritage skill](#)** like: baking, woodwork, preserving, mosaic, ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap + candle making, crochet, permaculture, knots, fire building, home remedies.
- Draw an apple using a different [style](#) each day, for a week.
- Attend a [virtual symphony](#)
- Catch up on [great movies](#)
- Learn to say a favourite phrase or quote in **7 different languages**
- Try [Creatively Visualising](#) goals
- Create a detailed spreadsheet of **how you would spend \$10 million**
- Write a [poem or story](#)
- Start a [Journal](#) or [Blog](#)
- Read [the books](#) you never have time for
- [Yoga](#) or [exercise](#) class
- [Spruce up your CV](#)
- Start your [novel](#)
- Try an [art project](#)
- Binge on [iView](#)
- Revamp your **garden**
- Practice [mindfulness](#)
- Try an [eLearning course](#)
- Make a [cook book](#)
- Create [homemade gifts](#)
- Phone **old friends**
- Play [parlour games](#)
- [Fix broken stuff](#)
- Design a **dream home**
- Practice [forgiveness](#)
- Plan your [next party](#)
- Kick a [bad habit](#)
- Try [adult colouring in](#)
- Join a [virtual bookclub](#)
- Find [great podcasts](#)
- Update your **goals**
- [Upcycle](#) something
- Build a [free website](#)
- Re-arrange **furniture**
- Start a [dream journal](#)
- Binge **TED Talks**
- Join an [online community](#) of likeminded people
- Reach out** to someone who lives alone or is feeling anxious
- Host a Skype / Zoom [dinner party](#)
- Or a [virtual support group](#)
- Get [some positivity](#) into your social media feed
- Try [positive psychology](#) activities
- Cook an [amazing breakfast](#)
- Create an amazing **treasure hunt** or clue-trail for a family member
- Get familiar with **online grocery shopping**: create favourites lists
- Or **virtual dance party**: You dress up and groove to the same music
- Organise your **music playlist**
- Reorganise your [wardrobe](#)
- Delete all the apps you don't use and [discover some new ones](#)
- Hold a family or street [singalong](#)
- Try some [science experiments](#)
- Deliver supplies to **those in need**
- Rediscover** a dusty appliance, instrument or boardgame
- Research [training opportunities](#) for when the world reopens
- Build something amazing with [Lego](#) (You know you want to)
- Brainstorm **marketing ideas** for your business, club or charity
- [Write to your MP](#) about an issue
- Create a list of "[Things to be Happy About](#)": add to it each day

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