

Boredom Busters Ideas



SUCCESS MOVE #1 – MAKE SOMETHING

TAKE THE INITIATIVE – EXPLORE THE CRAFTING WORLD, ART WORLD, COOKING, SCULPTING, MUSIC, WRITING
EXPLORE VARIOUS WAYS IN WHICH HOW WE THINK AND FEEL CAN BE EXPRESSED

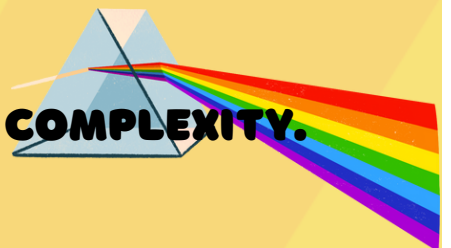
DON'T MAKE IT FOR THEM – MAKING IT FOR YOU!



SUCCESS MOVE #2 – LEARN SOMETHING

MAGIC, JUGGLING, HISTORY, SCIENCE – LEARNING MAKES US SEE THINGS DIFFERENTLY, WITH MORE COMPLEXITY.

LEARNING NEVER STOPS – WHAT FASCINATES YOU?



SUCCESS MOVE #3 – KARATE CHOP SOMETHING

SPORTS, SWIMMING, DANCING, TUMBLING, GYMNASTIC, PARKOUR, MARTIAL ARTS, CLIMBING TREES, PLAY FIGHTING,
FALLING, CYCLING, SKATING, ROLLING, SWEAT SWEAT SWEET SWEAT! 20 MINUTES MINIMUM



SUCCESS MOVE #4 – TRY SOMETHING NEW

(EVEN IF IT'S SCARY FOR YOU)

GO TO A NEW PLACE, TRY A NEW HAIR STYLE, CLOTHES, FOOD, SPORT, GAMES (ESPECIALLY OUTDOORS), OUTDOOR
EXPLORATION, PUBLIC PERFORMANCE, SOMETHING YOU THINK IS HARD TO DO

SUCCESS MOVE #5 – BE NICE TO SOMEONE

