

Zero-Dollar No-Spend List

- *Go for a walk while listening to your favorite throwback playlist*
- *Organize one cluttered drawer or cabinet*
- *Rewatch a comfort movie or series you've seen a million times*
- *Bake something using only pantry staples*
- *Write a letter or voice memo to your future self*
- *Make a new outfit using only what's already in your closet*
- *Rearrange your furniture or home decor for a fresh feel*
- *Deep-clean your kitchen sink or fridge—strangely satisfying*
- *Invite a friend over for coffee or tea at home*
- *Do a YouTube workout or yoga session in your living room*
- *Read a book or borrow one digitally from the library*
- *Repot plants using a container you already have*
- *Have a no-tech night: board games, candles, and connection*
- *Take a long shower or bath and pretend you're at a spa*
- *Have a solo dance party in the kitchen*
- *Journal three things you're grateful for (or proud of)*
- *Watch the sunrise or sunset and actually pause to enjoy it*
- *Create a vision board using old magazines or free printables*
- *Call someone you love just because*
- *Clean out your camera roll and relive old memories*
- *Host a themed dinner night using only what's in your pantry*
- *Try a free online class (Skillshare trials, YouTube tutorials, etc.)*
- *Do a closet clean-out and style what you already own*
- *Start a "Joy Jar"—write one happy moment per day and save it*
- *Meditate for five minutes in silence, with your phone on airplane mode*