

52 FREE ACTIVITIES TO DO ON A No-Spend Challenge

1. Visit the library
2. Volunteer in the community
3. Play board games
4. Wash your car
5. Take a free DIY class at Home Depot
6. Go star-gazing
7. Learn something on YouTube
8. Join in on a game of pickup soccer or frisbee game at a park
9. Binge on old favorite TV show
10. Listen to story podcasts
11. Look for free gym or yoga classes and try one out
12. Go Geocaching
13. Read a book you bought forever ago but never got to
14. Attend a religious service
15. Go to the beach, lake, or another body of water
16. Check the newspaper for free local events
17. Try mystery shopping
18. Invite some friends over for coffee
19. Paint your nails
20. Bake homemade bread
21. Plan out your 1, 5, and 10-year personal and professional goals
22. Visit open houses
23. Visit a museum (on Free Museum Day or with tickets from the library)
24. Take a nap

25. Declutter your house
26. Call an old friend or family member
27. Host a yard sale
28. Use Duolingo to learn a new language
29. Try a meditation practice
30. Do a bodyweight workout
31. Write a letter to a friend
32. Cut coupons for your next grocery trip
33. Play with puppies and kitties at the animal shelter
34. Go on a walk downtown
35. Play cards with an elderly person
36. Take your kids (or a friend's) to a playground
37. Go for a run
38. Use up any spa, facial, or bath products in your bathroom closet
39. Find a new game to play on your phone
40. Go on a hike
41. Write a book to self-publish on Amazon
42. Visit a farmers market & try the free samples
43. Make a meal out of old ingredients in your pantry & fridge
44. Organize your garage or shed
45. Look for free stuff on Facebook and Craigslist
46. Do surveys for gift cards
47. Rearrange furniture in the house
48. Call your service providers and negotiate to lower your bills
49. Join some frugal and minimalist Facebook groups and interact with members
50. Ride your bike
51. Make a business plan to start a lucrative side hustle
52. Share your experience in a journal or blog