

EXPLORE THINGS YOU'VE NEVER DONE BEFORE

Be proactive in creating a life that brings you joy, choose to do at least one new thing a month as you discover the new sober you!!!

Football	Baseball	Basketball	Golfing
Soccer	Fishing	Cheerleading	Curling
Fitness	Bowling	Dancing	Hockey
Handball	Boxing	Trekking	Figure Skating
Paintball	Racquetball	Running	Skateboarding
Ice Skating	Squash	Swimming	Table tennis
Target Shooting	Tennis	Triathlon	Volleyball
Hunting	Cycling	Horseback riding	Martial arts
Weightlifting	Archery	Rock Climbing	Cricket
Disk Golf	Dog Sport	Darts	Judo
Badminton	Fencing	Gaming	Gymnastics
Auto Racing	Geo-caching	Flying	Hiking/Backpacking
Kayaking	Motor Sports	Jogging	Yoga
Metal Detecting	Surfing	Roller Skating	Mountain Biking
Skiing	Snowboarding	Sailing	Rugby
Rowing	Sky Diving	Tai Chi	Scuba Diving
Crafting	Watersports	Juggling	Go-karting
Stamp Collecting	Gardening	Billiards	Camping
Coin Collecting	Reading	Modelling	Blogging
Art Collecting	Bird Watching	Debate	Traveling & Exploring
Food Tasting	Drawing	Interior Designing	Music
Fantasy Sports	Cards (poker)	Coaching & Mentoring	Comic Books
Astrology	Videography	Bee Keeping	Fashion Designing
Bridge	Photography	Volunteering	Hair Styling
Diet & Nutrition	Health & Fitness	Auto Restoration	Writing
Watching Movies	Woodworking	Astronomy	Chess
Scrapbooking	Singing/Music	Candle/Soap Making	Taxidermy
Quilting	Pottery/Sculpture	Musical Instrument	Magic
Origami	Model Making	Antiquing	Genealogy
Foreign Language	Painting	Acting/Drama	Sewing/Embroidery
Jewelry Making	Crocheting/ Knitting	Creative Writing	Baking/Cooking
Floral Design	Snowshoeing	Scrapbooking	Snowmobiling
Meditation	Programming		