are you feeling...

sporty?
- play ice or field hockey
- start a kickball team
- play flag football
- take fencing classes
- play cricket
- play soccer
- play lacrosse
- learn how to ice skate
- try gymnastics
- play ping pong
- join a yoga class
- play tennis
- play badminton
- go rollerblading
- join a softball team
- try diving
- join a baseball team
- go swimming
- join a bowling team
- go golfing
- go hiking
- go on bicycle rides
- play frolf (frisbee golf)
- go sailing
- join a volleyball team

outdoorsy?
- study archeology
- study astronomy
- buy a boat
- go paddle boating
- go on walks
- volunteer at a soup kitchen
- plant trees
- go bird watching
- coach a little league team
- volunteer at a zoo
- become a dog walker
- go camping
- help with meals on wheels
- go mountain climbing
- adopt a pet
- volunteer at an animal shelter
- join the Peace Corps
- become a tutor
- help with Habitat for Humanity
- babysit for neighbors
- plan a couchsurfing vacation
- volunteer at a hospital
- join a local Big Brothers Big Sisters chapter
- go on winery tours
- go on urban explorations
- plan a road trip

giving?

worldly?

culinary?
- study mixology
- become a barista
- study food science
- brew your own beer
- enter cooking contests
- decorate cakes
- start a recipe blog
- learn how to bake
- go on picnics
- enroll in cooking classes
- go fishing
- become a bartender
- start a vegetable garden
- host dinner parties

creative?
- join a theatre group
- learn how to screenprint
- write film reviews
- start a radio show
- study photography
- learn an instrument
- enroll in a dance class
- start a sketchbook
- start a film club
- make jewelry
- join an improv group
- become a DJ
- go to concerts

social?
- join a religious group
- join a team
- enroll in an art class
- join a band
- build websites
- start a blog
- join a book club
- learn and tell knock-knock jokes
- make mixtapes
- go to karaoke
- play board games
- study philosophy
- attend interest seminars
- go on a date
- participate in a spelling bee
- sign up for classes

brainy?
- play chess
- refurbish technology
- learn a foreign language
- build PCs
- learn magic
- read tarot cards
- play sudoku
- play checkers
- learn robotics
- work with LEDs
- solve crossword puzzles
- go bungee jumping
- construct with Legos
- play card games

hands on?
- make a quilt
- repair automobiles
- build and fly kites
- learn how to knit
- practice cosmetology
- plant a garden
- create flower arrangements
- make candles
- collect postcards
- learn how to sew
- create shell art
- start home rennovations
- go on a tropical cruise
- sign up for a pottery class
- start a collection
- make string bracelets
- learn how to crochet
- create origami art
- start a scrapbook

gutsy?
- buy a motorcycle
- go white water rafting
- go skydiving
- try ATV-ing
- explore high ropes courses
- go spelunking

"You Can Do Anything"
AIGA Design for Good
by Lisa Itzkowitz