

When Boredom Hits

Empty hours are hard hours. This helps you have something ready before they arrive.

WHEN TO USE THIS

Use this before a long evening or a weekend with nothing in it.

When in your week do you have the most empty time?

What does bored feel like for you?

Restless, itchy, flat, like the walls are closer than usual.

Five things that fill an hour and cost nothing.

They do not have to be impressive. They have to be doable.

1.

2.

3.

4.

5.

Which one could you set up now, so it is ready when you need it?

Boredom passes faster with something in your hands than with time on them.