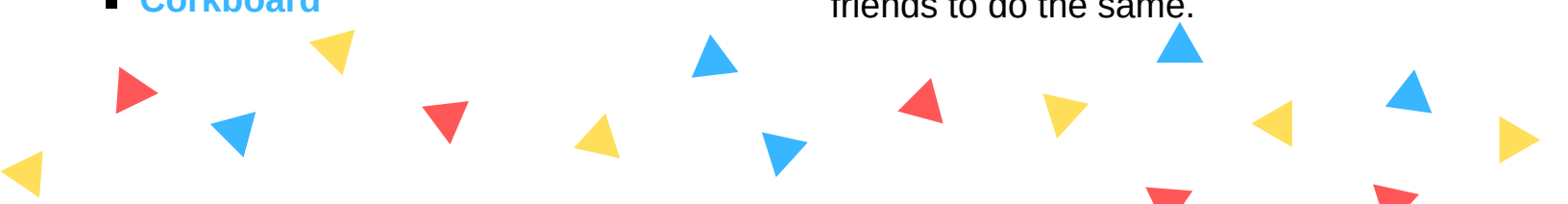




# STRIVING FOR GREATER PROFESSIONALS

## What do I do after the workday?

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- Cook for yourself and/or snacks for the breakroom at work.
  - Crosswords
  - Sudoku
  - Netflix (reasonable amount)
  - Send a friend some quality memes.
  - Paint your nails.
  - Give yourself a facial.
  - Schedule a massage. (Some towns have massage schools that offer discounted rates)
  - Volunteer at an animal shelter to socialize pets.
  - Walk your dog (or cat if you're into that).
  - Art
    - **Harry Potter Coloring Book**
    - **Landscape Paint By the Numbers**
    - Paint a canvas with words or art.  
Decorate your apartment or give it to someone.
  - Pinterest (NOT RELATED TO WORK) Yes it can be distracting, but wow it can be entertaining occasionally. :)
  - Basic Home Improvement Crafts
    - Jewelry Organizers
      - **Frame**
      - **Corkboard**
    - Decorate Your Home
      - **Buy a cheap frame and print out your favorite piece of music to fill it.**
      - **Make a photo wall to remember your favorite moments!** Leave room to fill with new moments.
      - Paint an old piece of furniture.
      - Organize one piece of your pantry or kitchen or closet or whatever is bothering you at home. Doing this one piece at a time will be less overwhelming.
  - Plan a dream vacation.
  - Plan a trip that you can afford while you're waiting to take your dream vacation.
  - Journal
    - About your day
    - About your thoughts
    - Make goals, hopes, dreams, frustrations, professional goals, prayers, etc.
  - Make lists of friends you want to keep in touch with better and intentionally reach out to them.
  - Make a list of 10 things you love about yourself - encourage your significant other or friends to do the same.
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## STRIVING FOR GREATER PROFESSIONALS

### **What do we do after the workday?**

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- At home movie night with friends, popcorn, & quality snacks
- Golf
- Axe Throwing or Archery Ranges (there are places and experts...do not try this by yourself)
- **Join a Community Band**
- Join a local kickball, volleyball, dodgeball, or etc. league, club, or gym.
- Exercise in a way that you actually enjoy and/or with people that you enjoy spending time with.(Don't join a gym without testing it out risk-free first and establishing some sort of accountability plan.)
- Host a game night.
- Host a make-your-own-pizza night.
- **Host a taco night.** Have your friends bring the tortillas, taco fixins, and drinks.
- Invite other professionals in your field to casual dinner or drinks out so you can bond. Ask about their non-work interests and activities!
- Start a book club with fellow teachers (or other friends)!