

100 Hobbies That Can Bring Your Soul Joy

For the mom who's ready to rediscover what brings her joy, peace, and a sense of self again.

CREATIVE & EXPRESSIVE HOBBIES

- Take a painting class
- Try watercolor painting at home
- Start sketching or drawing
- Join a pottery or ceramics class
- Try calligraphy or hand lettering
- Start a scrapbook or memory book
- Learn floral arranging
- Try DIY craft projects
- Take a photography class
- Practice photography on your phone
- Start a creative journal
- Write short stories or reflections
- Try digital design or Canva projects
- Learn basic sewing
- Take a quilting class
- Make handmade gifts
- Try candle making
- Create home décor pieces
- Learn embroidery
- Try painting furniture

MOVEMENT & BODY-BASED HOBBIES

- Join a dance class
- Try a yoga class
- Take a Pilates class
- Join a beginner fitness class
- Try barre workouts
- Go on daily walks
- Join a walking group
- Try hiking local trails
- Take a stretching class
- Try a Zumba class
- Join a strength training class
- Try at-home workout programs
- Practice morning movement routines
- Take a breathwork class
- Try meditation classes
- Go swimming regularly
- Take a cycling class
- Try a trampoline/rebounding workout
- Practice mobility training
- Join a local sports league (casual/fun)

WELLNESS & SELF-CARE HOBBIES

- Create a morning routine
- Build an evening wind-down routine
- Try journaling daily
- Practice gratitude journaling
- Learn about nutrition
- Take a wellness workshop
- Try meal prepping as a hobby
- Learn about herbal remedies
- Try essential oils and blends
- Create a self-care ritual
- Book regular massages
- Try sauna sessions
- Visit a spa occasionally
- Try acupuncture
- Practice grounding/earthing
- Spend time outside daily
- Take nature walks
- Start a simple skincare routine
- Learn about nervous system regulation
- Try guided relaxation exercises

LEARNING & GROWTH HOBBIES

- Read books that inspire you
- Join a book club
- Listen to podcasts and take notes
- Take an online course
- Learn a new skill (just for fun)
- Study something you're curious about
- Take a local community class
- Learn about personal development
- Explore faith-based studies
- Attend a workshop or seminar
- Learn a new language
- Take a writing class
- Study photography more deeply
- Learn cooking or baking techniques
- Take a business or creative course
- Watch educational YouTube videos
- Take notes on things that interest you
- Learn about mindset and habits
- Explore creative problem-solving
- Invest time in something that grows you

CONNECTION & COMMUNITY HOBBIES

- Join a women's group
- Attend church activities
- Go to Relief Society events
- Join a mom group
- Attend local community events
- Plan regular girls' nights
- Meet a friend weekly for walks
- Host small gatherings
- Join a service or volunteer group
- Participate in a group study

SIMPLE JOY & LIFESTYLE HOBBIES

- Try baking new recipes
- Learn to cook something new
- Start gardening
- Care for houseplants
- Decorate or refresh a room
- Organize a space in your home
- Create a cozy morning ritual
- Watch uplifting or inspiring content
- Spend intentional time in nature
- Try something new each month