The Boredom Menu

> *"Always bear this in mind; and another thing too, that very little indeed is necessary for living a happy life."*
>
> Marcus Aurelius, Meditations 7.67 (tr. Long)

Boredom and empty evenings are some of the most common pulls back to drinking. Fill every box, even with small things. When the evening stretches out, pick one from the right column without thinking about it.

	FIVE MINUTES	HALF AN HOUR	A WHOLE EVENING
On my own			
With someone			
Out of the house			
That costs nothing			

Something I used to enjoy before drinking took up the time

Something new I would like to try

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