GAME QUITTERS

60+ New Hobby Ideas

to replace video games
Four years ago I wrote How to Quit Playing Video Games FOREVER and the response has been incredible with over 1,600 comments and 250,000+ views on my TEDx talk. In that time one question has emerged the most sought after from gamers just like you: “I want to quit playing games… but what will I do with my time?”

So I put this guide together to help you out. In it there are over 60 new hobby ideas categorized based on activities to keep you mentally engaged, focused on achievement (goals), to help you make friends and even the all important, what will you do when you’re at home and feeling bored?

I even have my top picks which you will find on the next page. I hope this helps and be sure to read all the way to the end where I share a special document I’ve put together that will help you not only quit playing video games… but do so successfully.

I wish you the best on your recovery and thank you for sharing it with me.

-Cam
My Top Picks

*This list consists of the top activities I’d recommend for you:*

**Active:** Yoga/Gym/Running
**Resting:** Reading (one book per week, start with these.)
**Social:** Joining a rock-climbing gym, martial arts or Toastmasters
**Skill:** Learning a new language or instrument

**Bonus:** A part-time job. (Consider driving for Uber or Lyft)
Active Activities

These are activities that involve movement and/or are mentally engaging.

Weight-lifting (/r/fitness)
Mountain Biking
Exercise/Gym (/r/fitness)
Camping/Backpacking
Hiking
Airsoft/Paintball
Martial arts/Spin Classes
Jogging (Couch to 5k)
Visiting museums
Learning an instrument/DJing
Becoming a music producer
Going to events (meetup.com)
New Sport/Recreational League
Joining a rock-climbing gym

Geocaching (Tutorial)
Starting a club
Joining a cooking class
Amusement parks
Joining a dance class
New languages (duolingo.com)
Volunteering
Learn to sing/join a local choir
Adventure Races
Improve/Stand-up Comedy
Side business (Freelancing)
Public Speaking (Join Toastmasters)
Photography
Fishing
Resting Activities

These activities are best for times when you’re at home and you’re tired or stressed.

Reading
Drawing (/r/sketchdaily)
Becoming a music producer
  Learning to cook
  Gardening
  Graphic Design
  Contact Juggling
  Learning to paint
  Learning magic tricks
  Learning to play pool
  Learning an instrument/DJing
DIY Home projects
Programming (codeacademy.com)
Crafting/Origami
Photography

Interior Design
Woodworking/Carpentry
Mechanic/Car Restoration
Side business (Freelancing)
Writing/Poetry/Spoken Word
Boardgames/Card games
Meditation (Headspace)
Writing/Poetry
Podcasts
Yoga
Magic
Translations
Social Activities

These activities fulfill your need for social connection and help you make friends.

Going to events (meetup.com)
  Martial arts
Taking up a new sport/recreation league
  Joining a rock-climbing gym
Public Speaking (Join Toastmasters)
  Yoga/Spin classes
  Starting a club
Joining a cooking class
Camping/Wilderness Training
  Amusement parks
  Joining a dance class
Learn to sing/join a local choir
  Boardgames/card games
  Adventure Races

Body-building competitions
  Taking an improv class
Taking a stand-up comedy class
  Visiting museums
Adventure Races
  Volunteering
Geocaching (Tutorial)
# Achievement Based Activities

*These activities allow you feel a sense of achievement. They are goal & skill based.*

<table>
<thead>
<tr>
<th>Activities</th>
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<tbody>
<tr>
<td>Crafting/Origami</td>
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<td>Becoming a music producer</td>
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<td>Gardening</td>
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What Now?

You’ve made the decision to quit playing games and now you have ideas for new activities to fill your time with. This will go a far way to help you be successful!

Unfortunately, it may not be everything you need and this is something I learned after I relapsed after I quit for 11 months. And this relapse was rough - I played 16 hours a day for five months straight and felt like an idiot.

Luckily I shook myself out of it and quit again, this time for good and it’s been over 2,500 days now. So, what was the difference?

I didn’t only find new activities to fill my time but I also understood four other key concepts. All five concepts are important, and you can find them in my guide called Respawn. So your next step is to go learn about it here.

“It’s been five days since I stopped playing video games completely and I never intend to go back! It can be super hard at times, so Respawn and your videos are proving to be invaluable for guiding me in the right direction.” – Jay M.
Cam Adair is a speaker, writer and prominent thought leader on gaming addiction. He founded Game Quitters to help gamers get their life back and shares weekly videos on YouTube. His story has been featured on major media outlets and in two TEDx talks: Escaping Video Game Addiction and The Surprising Truth About Rejection.
Behind the Scenes

Although you can learn a lot from reading this guide, watching my videos on YouTube and purchasing your own copy of Respawn, another way you can learn and be inspired on a daily basis is by following me on Instagram.

You can watch exactly what my life (without gaming) looks like now, and how much fun it can be. You can also connect with me on Twitter and Facebook.