



## Pleasurable Activities

1. Listen to the radio
2. Watch people
3. Look at clouds
4. Eat a good meal
5. Help a neighbor mow the lawn
6. Care for a houseplant
7. Show an interest in what others say
8. Notice good things that happen
9. Give a compliment or praise someone
10. Talk about sports or current events
11. See beautiful scenery
12. Take a walk
13. Make a new friend
14. Go to a movie or play
15. Go to a museum
16. Play cards or chess
17. Watch a sunset
18. Do artwork or crafts
19. Learn something new
20. Collect things
21. Join a club
22. Read something inspiring
23. Volunteer at the animal shelter
24. Go to a garage sale
25. Help someone
26. Rearrange your room or house
27. Talk on the telephone
28. Volunteer
29. Accept a compliment
30. Read books, magazines, or poetry
31. Daydream
32. Brush your teeth
33. Cook a good meal
34. Do crossword puzzles
35. Take a long bath or shower
36. Talk about old times
37. Write stories or poetry
38. Spend time with friends
39. Sing
40. Go to church
41. Read the newspaper
42. Go to a meeting or a lecture
43. Exercise
44. Solve a personal problem
45. Listen to music
46. Do outdoor work
47. Get a haircut or your hair done
48. Pray
49. Sit in the sun
50. Have peace and quiet
51. Go to a park, fair, or zoo
52. Write letters
53. Listen to birds sing
54. Go to the library
55. Keep a clean house
56. Plant flower seeds
57. Spend play time with family/children
58. Eat a piece of fresh fruit
59. Do your laundry
60. Shine your shoes
61. Recycle
62. Practice playing the guitar
63. Take a class
64. Improve your math or reading skills
65. Have the oil changed in your car
66. Learn yoga or Tai Chi
67. Wear clothes you like
68. Write down 3 things you are grateful for