

# Pleasant Activities

1. Soaking in the bathtub
2. Planning my career
3. Getting out of (i.e., paying on) debt
4. Collecting things (coins, shells, etc.)
5. Going on vacation
6. Thinking how it will be when I finish school
7. Taking deep breaths
8. Recycling old items
9. Going on a date
10. Relaxing
11. Going to a movie in the middle of the week
12. Jogging, walking
13. Thinking I have done a full day's work
14. Listening to music
15. Buying household gadgets
16. Lying in the sun
17. Laughing
18. Thinking about my past trips
19. Listening to others
20. Reading magazines or newspapers
21. Hobbies (stamp collecting, model building)
22. Spending an evening with good friends
23. Planning a day's activities
24. Meeting new people
25. Remembering beautiful scenery
26. Saving money
27. Going home from work
28. Practicing karate, judo, yoga
29. Thinking about retirement
30. Repairing things around the house
31. Working on my car (bicycle)
32. Remembering the words and deeds of loving people
33. Wearing nice clothes
34. Having quiet evenings
35. Taking care of my plants
36. Going swimming
37. Doodling
38. Exercising
39. Journaling
40. Collecting old things
41. Going to a party
42. Thinking about buying things
43. Playing golf
44. Playing soccer
45. Flying kites
46. Having discussions with friends
47. Having family get-togethers
48. Riding a motorcycle
49. Running
50. Going camping
51. Singing around the house
52. Arranging flowers
53. Practicing religion (going to church, group praying, etc.)
54. Going to the beach
55. Thinking I'm an OK person

## Pleasant Activities

56. A day with nothing to do
57. Going to reunions
58. Going skating
59. Going boating
60. Traveling abroad or in the U.S.
61. Painting
62. Doing something spontaneous
63. Doing needlepoint, crochet, knitting, cross-stitch, etc.
64. Sleeping
65. Driving
66. Entertaining
67. Going to clubs (garden, Parents without Partners, etc.)
68. Thinking about getting married
69. Going hunting
70. Singing with groups
71. Flirting
72. Kissing
73. Playing musical instruments
74. Doing arts and crafts
75. Making a gift for someone
76. Buying records
77. Watching boxing, wrestling
78. Planning parties
79. Cooking
80. Going hiking
81. Writing short stories, novels, poems, or articles
82. Sewing
83. Going out to dinner
84. Working
85. Discussing books
86. Sightseeing
87. Gardening
88. Going to the salon
89. Early morning coffee and newspaper
90. Playing tennis
91. Watching children (play)
92. Thinking I have a lot more going for me than most people
93. Going to plays and concerts
94. Daydreaming
95. Planning to go to school
96. Thinking about sex
97. Driving or taking a train cross-country
98. Listening to the stereo
99. Refinishing furniture
100. Watching TV
101. Making lists of tasks
102. Going bike riding
103. Walks in the woods (or at the waterfront)
104. Giving gifts
105. Traveling to national parks
106. Completing a task
107. Watching a spectator sport (football, hockey, baseball)
108. Eating a favorite food
109. Teaching
110. Photography

# Pleasant Activities

111. Going fishing
112. Thinking about pleasant events
113. Playing with animals
114. Flying a plane
115. Reading fiction
116. Acting
117. Spending time by yourself
118. Writing diary entries or letters
119. Cleaning
120. Reading nonfiction
121. Taking children places
122. Dancing
123. Going on a picnic
124. Thinking “I did that pretty well” after doing something
125. Meditating
126. Playing volleyball
127. Having lunch with a friend
128. Going to the mountains
129. Thinking about people I like
130. Thoughts about happy moments in my childhood
131. Playing cards
132. Solving riddles mentally
133. Having a political discussion
134. Playing softball
135. Seeing and/or showing photos or slides
136. Playing guitar
137. Doing crossword puzzles
138. Shooting pool
139. Dressing up and looking nice
140. Reflecting on how I’ve improved
141. Buying things for myself (perfume, golf balls, etc.)
142. Talking on the phone
143. Going to museums
144. Thinking religious thoughts
145. Lighting candles
146. Listening to the radio
147. Getting a massage
148. Saying “I love you”
149. Thinking about my good qualities
150. Buying books
151. Taking a sauna or a steam bath
152. Going skiing
153. White-water canoeing or rafting
154. Going bowling
155. Doing woodworking or carpentry
156. Fantasizing about the future
157. Taking ballet, tap dancing
158. Debating
159. Sitting in a sidewalk café
160. Having an aquarium
161. Going horseback riding
162. Thinking about becoming active in the community
163. Doing something new
164. Making jigsaw puzzles
165. Thinking I’m a person who can cope
166. Being in the country

## Pleasant Activities

167. Making contributions to religious, charitable, or other groups
168. Talking about sports
169. Meeting someone new
170. Listening to live music
171. Planning trips or vacations
172. Rock climbing or mountaineering
173. Reading the scriptures or other sacred works
174. Going to service, civic, or social club meetings
175. Rearranging or redecorating my room or house
176. Being naked
177. Reading a "How to" article or book
178. Reading stories, novels, poems or plays
179. Going to lectures or hearing speakers
180. Writing a song or a piece of music
181. Saying something clearly
182. Doing something nice for my parents
183. Restoring antiques
184. Talking to myself
185. Working in politics
186. Working on machines
187. Completing a difficult task
188. Solving a problem, puzzle or crossword
189. Laughing
190. Going to a celebration
191. Shaving
192. Having lunch with friends or associates
193. Taking a shower
194. Riding in an airplane
195. Exploring the wilderness
196. Having a frank and open conversation
197. Thinking about myself or my life
198. Speaking or learning a foreign language
199. Going to a business meeting or a convention
200. Being in a sporty or expensive car
201. Cooking
202. Being helped
203. Wearing informal clothes
204. Combing or brushing my hair
205. Taking a nap
206. Canning, freezing, making preserves, etc.
207. Solving a personal problem
208. Being in a city
209. Singing to myself
210. Making food or crafts to sell or give away
211. Playing chess or checkers
212. Doing craftwork (pottery, jewelry, leather, beads and weaving)
213. Scratching myself
214. Putting on makeup
215. Designing or drafting
216. Visiting people who are sick, shut in, or in trouble
217. Cheering or rooting
218. Being popular at a gathering
219. Watching wild animals

## Pleasant Activities

220. Having an original idea
221. Landscaping or yardwork
222. Reading professional literature
223. Wearing new clothes
224. Just sitting and thinking
225. Seeing good things happen to my family and friends
226. Going to a fair, carnival, circus, zoo or amusement park
227. Talking about philosophy
228. Planning or organizing something
229. Listening to the sounds of nature
230. Dating or courting
231. Having a lively talk
232. Having friends come to visit
233. Playing sports
234. Introducing people who I think would like each other
235. Getting letters, cards or notes
236. Watching the clouds, sky or a storm
237. Going on outings to the park, a picnic, a barbecue, etc.
238. Giving a speech or a lecture
239. Reading maps
240. Gathering natural objects (rocks or driftwood)
241. Working on my finances
242. Wearing clean clothes
243. Helping someone
244. Getting promoted
245. Hearing jokes
246. Talking about my nieces, nephews, children or grandchildren
247. Going to a crusade
248. Talking about good health
249. Seeing beautiful scenery
250. Eating good healthy meals
251. Improving my health (having my teeth fixed, getting new glasses, changing my diet)
252. Doing a job well
253. Having spare time
254. Loaning something
255. Being noticed as sexually attractive
256. Making others happy
257. Counseling someone
258. Going to a health club
259. Learning to do something new
260. Thinking about my parents
261. Supporting causes you believe in (social, political or environmental)
262. Kicking leaves, sand, pebbles, etc.
263. Playing lawn sports (badminton, croquet, bocce, horseshoes)
264. Seeing famous people
265. Going to the movies or renting one
266. Budgeting my time
267. Being praised by people I admire
268. Feeling a spiritual presence in my life
269. Doing a project in my own way

## Pleasant Activities

270. Doing odd jobs around the house
271. Crying
272. Being told I am needed
273. Being at a family reunion or get-together
274. Giving a party
275. Washing my hair
276. Coaching someone
277. Going to a restaurant
278. Seeing or smelling a flower or a plant
279. Being invited out
280. Receiving honors
281. Using perfume, cologne, or aftershave
282. Having someone agree with me
283. Reminiscing about old times
284. Getting up early in the morning
285. Having peace and quiet
286. Doing experiments and other scientific work
287. Visiting friends
288. Playing football
289. Being counseled
290. Saying prayers
291. Giving a massage
292. Taking adult education courses
293. Doing favors for people
294. Talking with people I enjoy
295. Being asked for help or advice
296. Helping other people solve their problems
297. Playing board games
298. Sleeping soundly at night
299. Snowmobile or dune buggy riding
300. Being in a support group
301. Dreaming at night
302. Playing ping-pong
303. Brushing my teeth
304. Walking barefoot
305. Playing frisbee or catch
306. Doing housework or laundry
307. Amusing people
308. Going to a barber or hair stylist
309. Having houseguests
310. Being with someone I love
311. Sleeping late
312. Starting a new project
313. Being assertive
314. Going to the library
315. Playing rugby or lacrosse
316. Birdwatching
317. Shopping
318. Playing video games or going to an arcade
319. People watching
320. Building or watching a fire
321. Selling or trading something
322. Finishing a project or task
323. Apologizing
324. Learning a new computer skill
325. Being a leader
326. Being with happy people
327. Playing games
328. Writing cards or notes

## Pleasant Activities

329. Asking for help or advice
330. Talking about my hobbies or special interests
331. Smiling at people
332. Playing in sand, a stream, the grass, etc.
333. Expressing my love to someone
334. Talking with friends over coffee or tea
335. Playing handball, paddleball, squash, etc.
336. “Surfing” the internet
337. Remembering a departed friend or loved one, visiting the cemetery
338. Staying up late
339. Going skiing or snowboarding
340. Having family members or friends do something that makes me proud of them
341. Going to auctions, garage sales, etc.
342. Thinking about an interesting question
343. Doing volunteer work, working on community service projects
344. Water skiing, surfing, and scuba diving
345. Defending or protecting someone; stopping fraud or abuse
346. Hearing a good sermon
347. Winning a competition
348. Making a new friend
349. Reading cartoons, comic strips or comic books
350. Borrowing something
351. Traveling in a group
352. Seeing old friends
353. Mentoring someone
354. Using my strength
355. Attending an opera or the ballet
356. Playing with pets
357. Looking at the stars or the moon
358. Being coached