Handout: Pleasant Activities List

1. Soaking in the bathtub
2. Planning my career
3. Getting out of (paying on) debt
4. Collecting things (coins, shells, etc.)
5. Going on vacation
6. Thinking how it will be when I finish school
7. Recycling old items
8. Going on a date
9. Relaxing
10. Going to a movie in the middle of the week
11. Jogging, walking
12. Thinking I have done a full day's work
13. Listening to music
14. Recalling past parties
15. Buying household gadgets
16. Lying in the sun
17. Planning a career change
18. Laughing
19. Thinking about my past trips
20. Listening to others
21. Reading magazines or newspapers
22. Hobbies (stamp collecting, model building, etc.)
23. Spending an evening with good friends
24. Planning a day's activities
25. Meeting new people
26. Remembering beautiful scenery
27. Saving money
28. Gambling
29. Going home from work
30. Eating
31. Practicing karate, judo, yoga
32. Thinking about retirement
33. Repairing things around the house
34. Working on my car (bicycle)
35. Remembering the words and deeds of loving people
36. Wearing sexy clothes
37. Having quiet evenings
38. Taking care of my plants
39. Buying, selling stock
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things
44. Going to a party
45. Thinking about buying things
46. Playing golf
47. Playing soccer
48. Flying kites
49. Having discussions with friends
50. Having family get-togethers
51. Riding a motorbike
52. Sex
53. Running track
54. Going camping
55. Singing around the house
56. Arranging flowers
57. Practicing religion (going to church, group praying, etc.)
58. Losing weight
59. Going to the beach
60. Thinking I'm an OK person
61. A day with nothing to do
62. Having class reunions
63. Going skating
64. Going sailing
65. Traveling abroad or in the United States
66. Painting
67. Doing something spontaneously
68. Doing needlepoint, crewel, etc.
69. Sleeping
70. Driving
71. Entertaining
72. Going to clubs (garden, Parents without Partners, etc.)
73. Thinking about getting married
74. Going hunting
75. Singing with groups
76. Flirting
77. Playing musical instruments

78. Doing arts and crafts
79. Making a gift for someone
80. Buying records
81. Watching boxing, wrestling
82. Planning parties
83. Cooking
84. Going hiking
85. Writing books (poems, articles)
86. Sewing
87. Buying clothes
88. Going out to dinner
89. Working
90. Discussing books
91. Sightseeing
92. Gardening
93. Going to the beauty parlor
94. Early morning coffee and newspaper
95. Playing tennis
96. Kissing
97. Watching my children (play)
98. Thinking I have a lot more going for me than most people
99. Going to plays and concerts
100. Daydreaming
101. Planning to go to school
102. Thinking about sex
103. Going for a drive
104. Listening to a stereo
105. Refinishing furniture
106. Watching TV
107. Making lists of tasks
108. Going bike riding
109. Walks in the woods (or at the waterfront)
110. Buying gifts
111. Traveling to national parks
112. Completing a task
113. Collecting shells
114. Going to a spectator sport (auto racing, horse racing)
115. Eating gooey, fattening foods
116. Teaching
117. Photography
118. Going fishing
162. Staying on a diet
163. Playing with animals
164. Flying a plane
165. Reading fiction
166. Acting
167. Being alone
168. Writing diary entries or letters
169. Cleaning
170. Reading nonfiction
171. Taking children places
172. Dancing
173. Going on a picnic
174. Thinking "I did that pretty well'" after doing something
175. Meditating
176. Playing volleyball
177. Having lunch with a friend
178. Going to the mountains
179. Thinking about having a family
180. Thoughts about happy moments in my childhood
181. Splurging
182. Playing cards
183. Solving riddles mentally
184. Having a political discussion
185. Playing softball
186. Seeing and/or showing photos or slides
187. Playing guitar
188. Knitting
189. Doing crossword puzzles
190. Shooting pool
191. Dressing up and looking nice
192. Reflecting on how I've improved
193. Buying things for myself (perfume, golf balls, etc.)
194. Talking on the phone
195. Going to museums
196. Thinking religious thoughts
197. Lighting candles
198. Listening to the radio
199. Getting a massage
200. Saying "I love you"
201. Thinking about my good qualities
202. Buying books

119. Thinking about pleasant events
120. Going skiing
121. White-water canoeing
122. Going bowling
123. Doing woodworking
124. Fantasizing about the future
125. Taking ballet, tap dancing
126. Debating
127. Sitting in a sidewalk cafe
128. Having an aquarium
129. Erotica (sex books, movies)
130. Going horseback riding
131. Thinking about becoming active in the community
132. Doing something new
133. Making jigsaw puzzles
134. Thinking I'm a person who can cope
135. Intense exercise
136. Waking up early and watching the sunrise
137. Eating my favorite food
138. Take a trip someplace new
139. Eating spicy food
140. Volunteering
141. Sky diving
142. Changing the color of my hair
143. Signing up for toastmasters
144. Getting a tattoo
145. Painting my nails a new color
146. Getting a piercing
147. Playing a sport
148. Rock climbing
149. Join a book club
150. Visiting the library
151. Complete a puzzle
152. Start a new TV show
153. Crocheting
154. Practicing gratitude
155. Journaling
156. Skincare/makeup
157. Pottery
158. Stretching
159. Watching a sunset
160. Baking
161. Birdwatching
203. Taking a sauna or a steam bath
204. Buying flower bouquets or houseplants
205. Gaming
206. Going thrifting/ to flea markets or estate sales
207. Napping
208. Renovations/Upcycling
209. Scrapbooking or junk journaling
210. Star or cloud gazing
211. Sunbathing
212. Making tea
213. Trying different restaurants or cafes/casual eats
214. Wrestling, boxing, or doing martial arts
215. Learning a new skill on YouTube
216. Researching and contributing to a Wikipedia page
217. Watching a free lecture online about a topic of interest

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