

List of Pleasurable Activities	
Have a cup of tea	Research a topic of interest
Colouring in	Listen to a podcast
Call a friend	Do a jigsaw puzzle
Go out for coffee	Do a number puzzle, eg sudoku
Go to a movie	Do a crossword
Go out for a meal	Go to a shop and look at the products
Visit a friend	Go to a book shop and read
Have a friend over	Go shopping
Write an email or letter to a friend	Do some origami
Go for a walk in nature	Make a scrap book
Listen to the birds	Do something crafty
Exercise	Knit or sew
Stretch your muscles	Listen to music
Sit in a park	Dance
Watch the clouds	Listen to the radio
Do yoga or pilates	Watch a good tv show
Ride your bike	Draw a picture
Go for a run	Paint a picture
Go for a swim	Take photos
Go hiking	Pray or meditate
Go kyaking	Make a list of places you would like to visit
Get a massage	Write a poem or story
Get a manicure / pedicure	Read old journals
Go to the hairdresser	Look at old photographs
Go for a drive	Go to a lookout and appreciate the view
Take a ride on a bus / train	Plan a party
Plan a holiday	Join a club
Learn a language	Do some gardening
Learn an instrument	Take a bubble bath
Visit a tourist attraction, eg museum	Have a hot shower
Spend time with your pet	Continue working on a hobby
Watch a funny or emotional movie	Use a scented moisturiser
Go to a sporting event	Read a book or magazine
Go to the theatre	Have a sleep in
Play a game with others	Have a nap
Play an individual game, eg solitaire	Have breakfast in bed
Find blogs you like	Other ideas: