

My Pleasurable Activities List

Walk in the park

Have a manicure/pedicure

Watch a movie

Listen to music

Write in a journal

Take a nap

Play an instrument

Take photographs

Play with a pet

Go to the beach

Go to the mountains

Read poetry

Sing

Pray

Paint

Color

Exercise

Plant flowers

Yoga

Play golf

Dance

Laugh

Fly a kite

Meditate

Write letters

Watch a sunset

Eat by candlelight

Give a hug

Ask for a hug

Get a massage

Talk with a friend

Stretch

Look at the moon

Clean the car

Hold a baby

Bird watch

Take a warm bath

Go to a symphony

Breath deeply

Buy flowers

