

HANDOUT 21: PLEASANT ACTIVITIES LIST

The following list contains many activities to choose from. Feel free to either select pleasant activities from the list or add your own ideas.

1. Doing yoga
2. Dressing up for fun
3. Contributing to religious, charitable, or other groups
4. Taking a trip to the countryside
5. Talking about sports
6. Meeting someone new
7. Taking tests when well prepared
8. Going to a concert
9. Playing baseball or softball
10. Planning trips or vacations
11. Buying things for myself
12. Being at the beach
13. Doing artwork (painting, sculpture, drawing, movie-making, etc.)
14. Rock climbing or mountaineering
15. Reading the Scriptures or other sacred works
16. Playing golf
17. Taking part in military activities
18. Rearranging or redecorating my room or house
19. Going naked
20. Going to a sports event
21. Reading a "Do it Yourself" article
22. Doing a "Do it Yourself" project
23. Going to the races (horse, car, boat, etc.)
24. Reading
25. Going to a bar, tavern, club, etc.
26. Going to lectures or hearing speakers
27. Driving skillfully
28. Breathing clean air
29. Thinking up or arranging a song or music
30. Meditating
31. Boating (canoeing, kayaking, motor-boating, sailing, etc.)
32. Pleasing a friend or family member
33. Restoring antiques, finishing furniture, etc.
34. Watching TV
35. Talking to myself
36. Camping
37. Working in politics
38. Working on machines (cars, bikes, motorcycles, tractors, etc.)
39. Thinking about something good in the future
40. Playing cards

41. Completing a difficult task
42. Laughing
43. Solving a problem, puzzle, crossword, etc.
44. Being at weddings, baptisms, confirmations, etc.
45. Shaving
46. Having lunch with friends or associates
47. Playing tennis
48. Taking a shower
49. Driving long distances
50. Woodworking, carpentry
51. Writing short stories, novels, plays, or poetry
52. Being with animals
53. Riding in an airplane
54. Exploring (hiking away from known routes, spelunking, etc.)
55. Having a frank and open conversation
56. Singing in a group
57. Thinking about myself or my problems
58. Working on my job
59. Going to a party
60. Going to church functions (socials, classes, bazaars, etc.)
61. Speaking a foreign language
62. Going to services, civic, or social club meetings
63. Going to a business meeting or a convention
64. Being in a sporty or expensive car
65. Playing a musical instrument
66. Making snacks
67. Skiing
68. Being helped
69. Combing or brushing my hair
70. Acting
71. Taking a nap
72. Being with friends
73. Canning, freezing, making preserves, etc.
74. Making art
75. Solving a personal problem
76. Being in a city
77. Taking a bath
78. Singing to myself
79. Making food or crafts to sell or give away
80. Playing pool or billiards
81. Being with my grandchildren
82. Playing chess or checkers
83. Doing craft work (pottery, jewelry, leather, beads, weaving etc.)
84. Putting on makeup, fixing my hair, etc.
85. Designing or drafting
86. Visiting people who are sick, shut in, or in trouble

87. Cheering, rooting
88. Bowling
89. Being popular at a gathering
90. Watching wild animals
91. Gardening, landscaping, or doing yard work
92. Reading essays or technical, academic, or professional literature
93. Wearing new clothes
94. Dancing
95. Sitting in the sun
96. Riding a motorcycle
97. Just sitting and thinking
98. Seeing good things happen to my family or friends
99. Going to a fair, carnival, circus, zoo, or amusement park
100. Talking about philosophy or religion
101. Planning or organizing something
102. Having a drink by myself
103. Listening to the sounds of nature
104. Dating
105. Having a lively talk
106. Racing in a car, motorcycle, boat, etc.
107. Listening to the radio
108. Having friends come to visit
109. Playing in a sporting competition
110. Introducing people I think would like each other
111. Giving gifts
112. Going to school or government meetings, court sessions, etc.
113. Getting massages or backrubs
114. Watching the sky, clouds, or a storm
115. Improving my health (having my teeth fixed, getting new glasses, beginning an exercise program, changing my diet, etc.)
116. Being downtown
117. Wrestling or boxing
118. Playing in a musical group
119. Hiking
120. Going to a museum or exhibit
121. Writing papers, essays, articles, reports, memos, etc.
122. Doing a job well
123. Having spare time
124. Fishing
125. Lending something
126. Being noticed as sexually attractive
127. Pleasing employers, teachers, etc.
128. Counseling someone
129. Going to a health club, spa, etc.
130. Learning to do something new

131. Going to a "Drive-in" (Dairy Queen, McDonald's, etc.)
132. Complimenting or praising someone
133. Thinking about people I like
134. Being at a fraternity or sorority
135. Being with my parents
136. Horseback riding
137. Protesting social, political, or environmental conditions
138. Talking on the telephone
139. Having daydreams
140. Kicking leaves, sand, pebbles, etc.
141. Playing lawn sports (badminton, croquet, shuffleboard, horseshoes, etc.)
142. Going to school reunions, alumni meetings, etc.
143. Seeing famous people
144. Going to the movies
145. Kissing
146. Being alone
147. Budgeting my time
148. Cooking meals
149. Outwitting a "superior"
150. Feeling the presence of the Lord in my life
151. Doing a project in my own way
152. Doing "odd jobs" around the house
153. Crying
154. Being at a family reunion or get-together
155. Giving a party or get-together
156. Washing my hair
157. Coaching someone
158. Going to a restaurant
159. Seeing or smelling a flower or plant
160. Being invited out
161. Receiving honors (civic, military, etc.)
162. Using cologne, perfume, or aftershave
163. Having someone agree with me
164. Reminiscing, talking about old times
165. Getting up early in the morning
166. Having peace and quiet
167. Doing experiments or other scientific work
168. Visiting friends
169. Writing in a diary
170. Playing football
171. Being counseled
172. Saying prayers
173. Giving massages or backrubs
174. Doing favors for people
175. Talking with people on the job or in class
176. Being relaxed

177. Offering help or advice
178. Thinking about other people's problems
179. Playing board games (Monopoly, Scrabble, etc.)
180. Sleeping soundly at night
181. Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.)
182. Reading the newspaper
183. Snowmobiling or dune-buggy riding
184. Being in a body-awareness, sensitivity, therapy, or "rap" group
185. Playing ping-pong
186. Brushing my teeth
187. Swimming
188. Running, jogging, or doing gymnastics, fitness, or field exercises
189. Walking barefoot
190. Playing Frisbee or catch
191. Doing housework or laundry; cleaning things
192. Being with my roommate
193. Listening to music
194. Arguing a point
195. Knitting, crocheting, embroidery, or fancy needlework
196. Amusing people
197. Going to a barber or beautician
198. Having house guests
199. Being with someone I love
200. Reading magazines
201. Sleeping late
202. Starting a new project
203. Finishing a project
204. Having sexual relations
205. Having other sexual satisfactions
206. Going to the library
207. Playing soccer, rugby, hockey, lacrosse, etc.
208. Preparing a new or special food
209. Bird watching
210. Shopping
211. Watching people
212. Building or watching a fire
213. Winning an argument
214. Selling or trading something
215. Finishing a project or task
216. Confessing or apologizing
217. Repairing things
218. Working with others as a team
219. Bicycling
220. Giving direction to others
221. Being with happy people
222. Playing party games

223. Writing letters, cards, or notes
224. Talking about politics or public affairs
225. Asking for help or advice
226. Going to banquets, luncheons, potlucks, etc.
227. Talking about my hobby or special interest
228. Smiling at people
229. Playing in sand, a stream, the grass, etc.
230. Being with my husband, wife, or partner
231. Going on field trips, nature walks, etc.
232. Expressing my love to someone
233. Caring for houseplants
234. Having coffee, tea, etc., with friends
235. Taking a walk
236. Collecting things
237. Playing handball, paddleball, squash, etc.
238. Sewing
239. Remembering a departed friend or loved one, visiting the cemetery
240. Doing things with children
241. Beachcombing
242. Eating snacks
243. Staying up late
244. Having family members or friends do something that makes me proud of them
245. Being with my children
246. Going to auctions, garage sales, etc.
247. Thinking about an interesting question
248. Doing volunteer work, working on community service projects
249. Water skiing, surfing, scuba diving
250. Defending or protecting someone; stopping fraud or abuse
251. Hearing a good sermon
252. Winning a competition
253. Making a new friend
254. Talking about my job or school
255. Reading cartoons, comic strips, or comic books
256. Borrowing something
257. Traveling with a group
258. Seeing old friends
259. Teaching someone
260. Using my strength
261. Traveling
262. Going to office parties or department get-togethers
263. Attending a concert, opera, or ballet
264. Playing with pets
265. Going to a play
266. Looking at the stars or moon
267. Being coached
268. Getting a massage

- 269. Going out to eat
 - 270. Eating a favorite food
 - 271. Cooking a healthy meal
 - 272. Going on a picnic
 - 273. Sitting in a peaceful place
 - 274. Listening to educational tapes, relaxation tapes, or audio books
 - 275. Taking a long weekend
 - 276. Playing a video or computer game
 - 277. Surfing the internet
 - 278. Listening to music
 - 279. Gardening
 - 280. Planning a vacation
 - 281. Going to a movie
 - 282. Watching a video
- Other ideas: