

## WORKSHEET 4.1: PLEASANT ACTIVITIES LIST

1. Read a book or magazine
2. Day dream
3. Go to the movies
4. Go window-shopping
5. Work outdoors (e.g., gardening)



6. Listen to music
7. Take a shower or warm bath

8. Spend time with friends
9. Go for a walk



10. Go to church or pray
11. Get a manicure or a pedicure.

12. Get your hair done

13. Write poetry



14. Sing
15. Take a nap
16. Watch TV

17. Share laughs with friends

18. Practice a relaxation exercise

19. Exercise

20. Cook

21. Dance

22. Go to the library



23. Other \_\_\_\_\_

24. Other \_\_\_\_\_

25. Other \_\_\_\_\_