

# WORKSHEET 2.2: PLEASANT ACTIVITIES LIST

1. Read a book or magazine
2. Daydream
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 pedicure
12. Get your hair done
13. Write poetry
14. Sing
15. Take a nap
16. Watch TV
17. Meeting friends for a cup of tea or coffee
18. Practice a relaxation exercise
19. Exercise
20. Cook
21. Dance
22. Go to the library
23. Other \_\_\_\_\_
24. Other \_\_\_\_\_

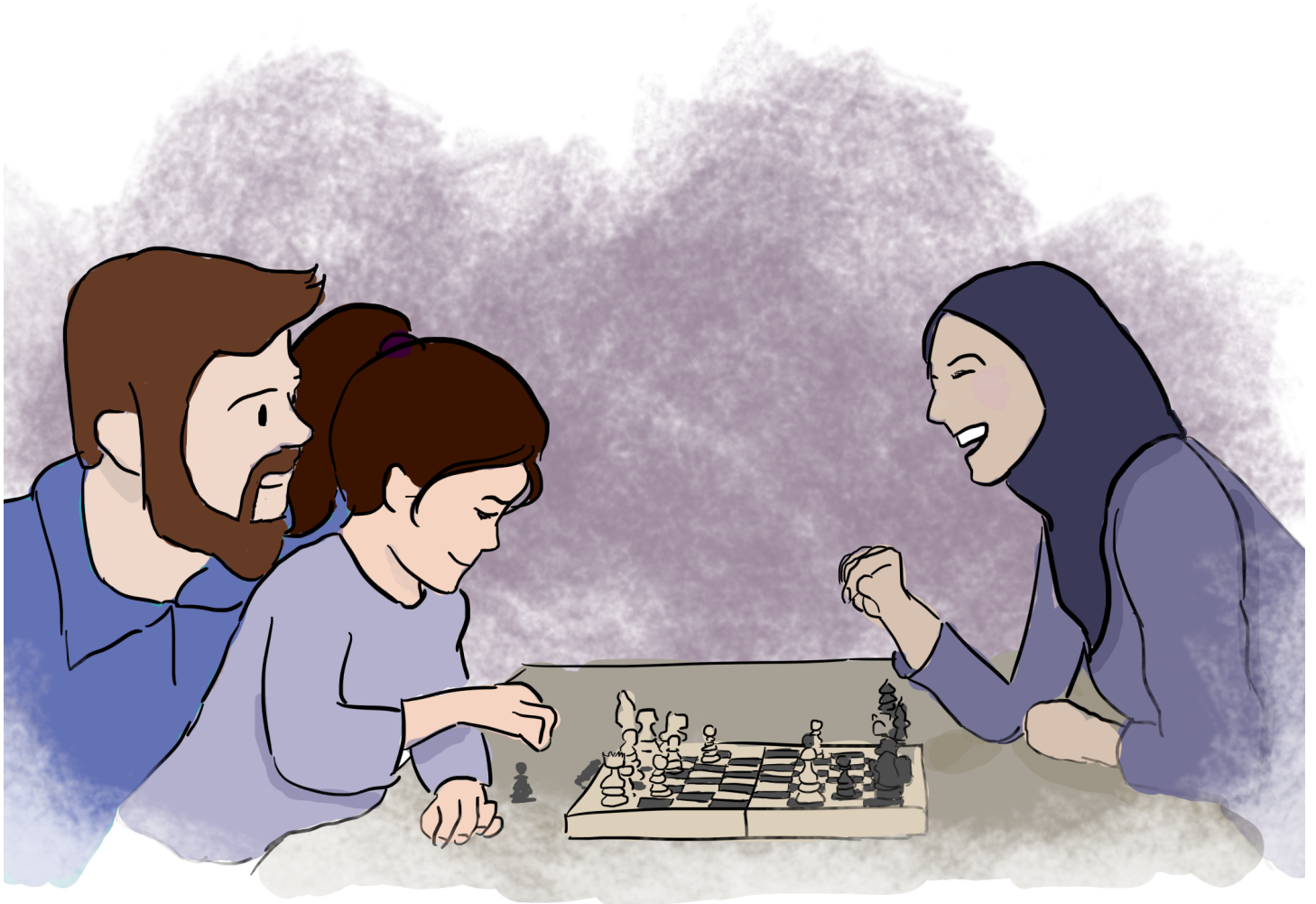


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