List of Pleasant Activities

Check what you did today:

DAY	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Wear clothes I like							
Listen to the radio							
Watch people							
Look at clouds							
Eat a good meal							
Be outdoors							
Care for a houseplant							
Show an interest in what others say							
Notice the good things that happen to family or friends							
Compliment/praise someone							
Talk about sports/current events							
See beautiful scenery							
Take a walk							
Make a new friend							
Go to a movie or play							
Go to a museum							
Play cards or chess							
Watch a sunset							
Do artwork or crafts							
Learn something new							
Collect things							
Give a compliment							
Read something inspiring							
Spend time with family							
Go to a garage sale							
Help someone							
Rearrange my room or house							
Talk on the telephone							
Do volunteer work							
Accept a compliment							

List of Pleasant Activities

DAY	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Read books or magazines							
Daydream							
Watch TV							
Cook a good meal							
Do crossword puzzles							
Take a long bath or shower							
Reminisce, talk about old times							
Write stories or poetry							
Spend time with friends							
Sing							
Go to a church function							
Read the newspaper							
Go to a meeting							
Exercise							
Solve a personal problem							
Listen to music							
Do outdoor work							
Get haircut/hair done							
Say prayers							
Sit in the sun							
Have peace and quiet							
Go to a park, fair, or zoo							
Write letters							
Listen to birds sing							
Go to the library							
Keep a clean house							
Other Activities							