What Do I Like To Do?

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<td><strong>Alone</strong></td>
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<td><strong>With Others (Adults)</strong></td>
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<td><strong>With Others (Children)</strong></td>
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NOTES ON PLEASANT ACTIVITIES

- Differences across people
  - We don't all like the same things.
  - We don't all need the same number of pleasant activities to feel good.

- Differences within oneself at different times
  - We don’t always enjoy doing a specific activity.
  - We may only enjoy an activity under certain conditions.

- It is good to have activities you can do by yourself.
  - You control when you do them and are not dependent on anyone else.
  - Time to think and enjoy our own thoughts.

- It is also good to have activities you can do with others.
  - Pleasant contacts with people often make us feel better.
  - Others may sometimes increase our motivation to do the activity.
  - Can build and improve our relationships with others: doing fun stuff together helps people enjoy each other more.

- Brief pleasant activities are important.
  - You can do more of them.
  - They are useful when we are busy and can’t find time.
  - Brief pleasant activities give us a glimpse of the beauty of the world around us.
  - Examples of brief pleasant activities:
    - As you walk somewhere, notice flowers on the way. Take time to smell them, notice the sky, the clouds, the fog, whatever about your surroundings that brings good feelings to you.
    - Remember a song you like, hum it, sing it aloud to yourself.
    - Have a cup of tea.

Notes