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 ____________________