

Pleasant Activities to Try

- Soaking in the bathtub
- Taking deep breaths
- Recycling old items
- Relaxing
- Going to a movie in the middle of the week
- Jogging, walking
- Lying in the sun
- Laughing
- Listening to others
- Reading magazines or newspapers
- Hobbies (stamp collecting, model building)
- Spending an evening with good friends
- Practicing karate, judo, yoga
- Repairing things around the house
- Working on my car (bicycle)
- Remembering the words and deeds of loving people
- Wearing sexy clothes
- Having quiet evenings
- Taking care of my plants
- Going swimming
- Exercising
- Having discussions with friends
- Having family get-togethers
- Singing around the house
- Practicing religion (going to church, group praying, etc.)
- Losing weight
- Going to the beach
- Thinking I'm an OK person
- A day with nothing to do
- Playing musical instruments
- Doing arts and crafts
- Making a gift for someone
- Cooking
- Writing short stories, novels, poems, or articles
- Working
- Reading books
- Discussing books
- Sightseeing
- Gardening

- Going to the beauty parlor
- Early morning coffee and newspaper
- Playing tennis
- Play with children
- Daydreaming
- Eating a favorite food
- Teaching
- Photography
- Playing with animals
- Writing diary entries or letters
- Cleaning
- Taking children places
- Dancing
- Meditating
- Having lunch with a friend
- Thinking about people I like
- Doing crossword puzzles
- Dressing up and looking nice
- Reflecting on how I've improved
- Lighting candles
- Listening to the radio
- Being in the country
- Making contributions to religious, charitable, or other groups
- Doing something nice for my parents
- Taking a shower
- Canning, freezing, making preserves, etc.
- Listening to the sounds of nature
- Having friends come to visit
- Helping someone
- Hearing jokes
- Improving my health (having my teeth fixed, getting new glasses, changing my diet)
- Loaning something
- Coaching someone
- Getting up early in the morning
- Saying prayers
- Giving a massage
- Doing housework or laundry
- Going to the library
- Building or watching a fire
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