

Pleasurable Activities List

- Being in the country or with nature
- Wearing nice clothes
- Making contributions to groups you believe in
- Boating
- Being with friends, parents, siblings, family
- Watching, talking about, or participating in sports
- Meeting a new friend
- Taking a test when you know you are prepared
- Going to a concert
- Planning trips
- Going on vacations or trips
- Shopping
- Being by the ocean
- Being in the mountains
- Rock climbing
- Reading
- Decorating your home
- Being naked
- Going to races
- Going to a bar
- Going to a lecture
- Driving
- Breathing clean air
- Playing music
- Writing music
- Being with friends
- Restoring furniture
- Sewing, crochet, knitting, needlework
- Watching TV
- Camping
- Talking politics
- Being involved in politics
- Working on cars, motorcycles, bikes
- Thinking about a good future
- Playing games
- Completing a difficult task
- Completing a much anticipated task
- Completing a reprehensible task
- Laughing
- Solving puzzles
- Solving personal problems
- Solving financial problems
- Good grooming, yourself or others
- Being at events that celebrate others
- Playing tennis or golf
- Writing
- Woodwork
- Playing with animals
- Having open conversation
- Singing
- Work
- Going to church
- Going to social clubs
- Going to a business convention
- Being in an expensive car
- Playing a musical instrument
- Cooking
- Skiing
- Wearing casual clothes
- Taking a nap
- Canning, freezing, putting food away
- Driving a scenic route
- Being in the city
- Taking a bath
- Being with children/grandchildren
- Playing pool
- Doing crafts
- Wearing perfume
- Wearing makeup
- Fixing my hair differently
- Getting a hair cut and/or color
- Designing things
- Visiting the sick
- Bowling
- Cheering for you team
- Watching the deer or other wild animals
- Having an original and creative idea
- Learning new things
- Gardening
- Dancing
- Sitting in the sun
- Riding a motorcycle
- Being alone
- Seeing good things happen to others
- Going to a fair, zoo, amusement park
- Talking about philosophy or religion
- Planning and organizing anything
- Organizing your desk, closet or pantry
- Organizing your drawers
- Organizing your finances
- Organizing your day
- Having a lively talk
- Going on a date
- Going to a movie
- Gambling
- Smoking
- Listening to the radio
- Having friends over
- Introducing friends to each other
- Going to meetings
- Getting a massage, foot rub, back rub
- Getting letters, cards, notes
- Watching the sky
- Going on a picnic or to the park
- Taking pictures
- Giving a speech or lecture
- Collecting
- Helping someone else
- Talking about children or grandchildren
- Hearing or telling a joke
- Winning a bet
- Beautiful scenery
- Eating
- Hunting or shooting
- Hiking
- Going to a museum
- Fishing
- Being noticed as attractive
- Counseling someone
- Going to the gym
- Being remembered by others
- Complimenting someone else
- Thinking about friends
- Going to book club
- Being nice to someone who mistreated you

- Being with family
- Horseback riding
- Daydreaming
- Kicking leaves, pebbles, tin cans
- Going to reunions
- Kissing
- Using time wisely
- Impressing a superior
- Feeling the present of a higher power
- Doing something on your own
- Crying for yourself
- Coaching
- Going out to eat
- Flowers
- Being invited out
- Receiving honors
- Having someone greet you as if they are genuinely happy to see you
- Being agreed with
- Getting up early
- Peach and quiet
- Keeping a diary or journal
- Visiting friends
- Giving a massage or back rub
- Meditating
- Helping others
- Sleep
- Doing heavy outdoor work
- Reading the newspaper
- Riding a snowmobile or 4-wheeler
- Dreaming
- Swimming
- Standing up for yourself
- Running
- Walking barefoot
- Playing Frisbee or catch
- Doing housework
- Baking
- Listening to music
- Sex
- Being with someone you love
- Sleeping in late
- Starting a project
- Going to the library or book store
- Watching people
- Selling things
- Apologizing
- Repairing things
- Working with a team
- Being in charge
- Writing letters, card, notes
- Going to a banquet
- Playing in the sand or on the grass
- Other people showing interest in what I am doing
- Other people showing interest in something I said
- Expressing love or affection
- Slowly eating your favorite treat
- Having coffee or tea
- Taking care of plants
- Taking a walk
- Staying up late
- Going to bed early
- Problem solving an interesting or complex question
- Discussing complex social issues
- Going to auctions or garage sales
- Getting a bargain
- Doing volunteer work
- Getting money
- Hearing a good sermon
- Winning
- Teaching
- Going to parties
- Looking at the night sky
- Going to a coffeehouse
- Surfing the internet
- Learning new computer programs or new apps
- Playing video games
- Test driving a new car
- House hunting
- Wearing frilly undergarments
- Getting rid of things you don't need anymore
- Browsing through a pawn shop or antique store
- Designing your dream home
- Going to a pet store
- Flirting
- Being in a chat room
- Going to the electronics store
- Going to the hardware store
- Going to a nursery
- Watching your favorite television shows
- Watching a provocative or interesting documentary
- Reading magazines