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
• Impressions of 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 household
• 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

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