

Pleasant Activity Ideas

Instructions:

Use this list during problem-solving treatment when client is unable to identify pleasant activities.

1. Soaking in the bathtub
2. Collecting things (coins, shells, etc.)
3. Going on vacation
4. Relaxing
5. Using your finer tableware once a week
6. Going to a movie in the middle of the week
7. Walking
8. Listening to music
9. Buying household gadgets
10. Lying in the sun
11. Laughing
12. Thinking about past travels
13. Listening to others
14. Reading magazines or newspapers
15. Hobbies (stamp collecting, model building, etc.)
16. Spending an evening with good friends
17. Planning a day's activities
18. Meeting new people
19. Remembering beautiful scenery
20. Eating favorite foods
21. Practicing yoga or tai chi
22. Repairing things around the house
23. Working on the car or bicycle
24. Remembering the words and deeds of loving people
25. Spending time with children or young people
26. Doing volunteer work
27. Having a quiet evening
28. Going antique shopping
29. Caring for houseplants
30. Going swimming
31. Doodling
32. Wearing sexy clothes
33. Going to a party
34. Thinking about buying things
35. Playing golf
36. Having discussions with friends
37. Having family get-togethers
38. Having sex
39. Spending time outdoors
40. Going for a drive
41. Singing
42. Arranging flowers
43. Practicing religion or spirituality
44. Losing weight
45. Going to the beach
46. Acknowledging my good points
47. Going to a class reunion
48. Going for a boat ride
49. Traveling
50. Painting

51. Doing something spontaneously
52. Working on textiles (embroidery, needlepoint, weaving, knitting, etc.)
53. Sleeping well
54. Driving a friend someplace
55. Entertaining
56. Going to clubs (garden, bridge, etc.)
57. Singing with a group
58. Flirting
59. Playing a musical instrument
60. Doing arts and crafts
61. Making a gift for someone
62. Buying records/CDs
63. Watching sports (live or on TV)
64. Planning a party
65. Cooking
66. Hiking
67. Writing poetry, stories, articles
68. Sewing
69. Buying clothes
70. Going out to dinner
71. Working on a project
72. Discussing a book
73. Sightseeing
74. Gardening
75. Going to the beauty parlor
76. Drinking coffee/tea and reading the newspaper
77. Playing tennis
78. Kissing
79. Being with my children
80. Watching my grandchildren
81. Going to plays and concerts
82. Daydreaming
83. Thinking about sex
84. Listening to music
85. Refinishing furniture
86. Watching TV
87. Making lists of tasks
88. Riding a bike
89. Walks in the woods or waterfront
90. Buying gifts
91. Going to a national/state/local park
92. Completing a task
93. Going to spectator sports (auto racing, horse racing)
94. Teaching
95. Taking photos
96. Fishing
97. Playing with pets
98. Traveling in a plane
99. Reading fiction
100. Acting
101. Enjoying time alone
102. Writing in a diary or journal
103. Cleaning
104. Reading nonfiction
105. Taking children places
106. Writing letters
107. Surfing the internet
108. Writing email
109. Dancing
110. Going on a picnic
111. Meditating
112. Having lunch with a friend
113. Going to the mountains

114. Thinking about happy moments in my youth
115. Splurging on something
116. Playing cards
117. Solving riddles
118. Having a political discussion
119. Viewing or showing photos to someone else
120. Playing guitar
121. Doing crossword puzzles
122. Shooting pool
123. Dressing up and looking nice
124. Reflecting on how I've improved
125. Buying something for myself
126. Talking on the phone
127. Going to a museum
128. Thinking spiritual or religious thoughts
129. Lighting candles
130. Listening to the radio
131. Getting a massage
132. Saying "I Love you"
133. Thinking about my good qualities
134. Buying books
135. Taking a sauna or steam bath
136. Going to the library
137. Bowling
138. Woodworking
139. Sitting in a sidewalk café
140. Caring for an aquarium
141. Reading/watching erotica (sex books, movies)
142. Going horseback riding
143. Becoming active in the community
144. Doing something new
145. Putting together a jigsaw puzzle
146. Cuddling
147. Telling jokes
148. Going out to the country
149. Making a contribution to a charitable cause
150. Meeting someone new
151. Going out for fresh air
152. Going camping
153. Thinking about something good in the future
154. Completing a difficult task
155. Taking a shower
156. Having a frank and open conversation
157. Working at my paid job
158. Wearing comfortable clothes
159. Combing or brushing my hair
160. Taking a nap
161. Solving personal problems
162. Watching wild animals
163. Having an original idea
164. Landscaping or doing yard work
165. Wearing new clothes
166. Listening to the sounds of nature
167. Opening my mail
168. Watching a storm
169. Enjoying a sunrise or sunset
170. Helping someone
171. Talking about my children or grandchildren
172. Eating a delicious meal
173. Doing a job well

174. Complimenting or praising someone
175. Thinking about people I like
176. Feeling the presence of God or a Higher Power in my life
177. Doing a project my own way
178. Doing "odd jobs" around the house
179. Going to a family reunion or get together
180. Going to a restaurant
181. Admiring or smelling a flower or plant
182. Using cologne, perfume or aftershave
183. Reminiscing & talking about old times
184. Getting up early in the morning
185. Enjoying peace and quiet
186. Visiting friends
187. Saying prayers
188. Doing favors for people
189. Shopping
190. Having house guests
191. Watching people
192. Completing a project or task
193. Being with happy people
194. Smiling at people
195. Enjoying the company of my partner/spouse
196. Having a drink with friends
197. Beach-combing
198. Feeling proud of my family or friends
199. Receiving a gift
200. Seeing old friends
201. Looking at the stars or moon
202. Caring for houseplants
203. Getting a manicure or pedicure
204. Trying a new recipe
205. Getting involved in a social/political cause
206. Going for a ferry ride
207. Baking a favorite treat
208. Giving away something you no longer use to someone who can use it
209. Sharing a favorite recipe
210. Finding a bargain for something you were going to buy anyway