IDEAS FOR PLEASANT ACTIVITIES

Go outside in Nature
Help someone
Attend a concert or play
Plan a trip
Change furniture around
Read a book or a magazine
Play the lottery or a board game
Complete a difficult task
Take a long bath
Collect natural objects (rocks, shells, etc.)
Sing
Play a musical instrument (or learn to play one)
Sit out in the sun
Go to the park
Give a gift to someone
Tell a joke or watch a comedian
Contemplate a trip
Eat a favorite food
Cook a favorite food
Pray
Do a good job
Walk barefoot
Listen to music
Watch a movie
Fix something broken

Eat in a restaurant
Learn to do something new
Remember, talk over good memories
Wake up early in the morning
Write in a Journal or diary
Crochét, knit, sow
Spend time with a loved one
Write a letter
Exercise
Garden or care for a plant
Play with kids
Play with your pet
Help others with homework
Receive a massage
Visit a friend
Attend church
Dance
Go to the park
Dress up
Take pictures
Go for a drive
Watch people