

Big List of Pleasurable Activities

Talk to friend on phone	Go to favorite café for coffee or tea
Go out and visit a friend	Go to a sporting event
Invite a friend to your house	Play a game with a friend
Text message a friend	Play solitaire (with real cards)
Send e-mail or post to a friend	Go online to chat
Exercise	Look for blogs you like
Stretch your muscles	Visit your favorite websites
Go for a walk in a park or somewhere peaceful	Listen to a podcast (start downloading favorite podcasts)
Do yoga, tai chi, Pilates or take classes to learn	Sell something you don't want on the internet
Ride your bike	Create your own website or blog
Go for jog	Join an internet dating service
Go for a swim	Buy something on the internet
Go for a hike	Do a puzzle with lots of pieces
Get a massage	Do a puzzle or sudoku
Go to a spa	Go get a pedicure or manicure
Get out of house, even if you just sit outside	Go to a magazine stand and peruse magazines
Go for a drive in your car, or on public transportation	Go to café or square and watch other people, imagine what they are thinking
Plan a trip to a place you've never been before	Go to library and check out books on topics, hobbies, places you are curious about
Make a cup of tea	Go to a bookstore and read
Cook your favorite meal	Go shopping
Cook a recipe you've never tried before	Go to a craft store and look around for ideas
Take a cooking class	Go get a hair cut
Go out for something to eat	Learn a new language
Eat something you really like	Listen to a show in another language
Go outside and play with your pet	Sing or learn to sing
Go borrow a friends dog and take it to the park	Listen to upbeat, happy music (make list of song, or i-phone playlist)
Go outside and watch the birds or other animals	Turn on some loud music and dance around
Go to zoo or aquarium	Memorize lines from your favorite movie, play, song or poem
Watch a funny movie (start collecting funny movies)	Make a movie with your camera or video camera

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Go to library or movie place to rent a movie	Make a list of celebrities you'd like to friends with and why
Go to movie theatre and watch whatever is playing	Join a public speaking group and write a speech
Listen to the radio	Participate in a local theatre group
Watch a specific show on television	Sing in a local choir
Paint a picture with a brush or fingers	Join a club
Knit, crochet, or sew or learn how to	Plant a garden
Draw a picture	Plant plants for balcony or inside
Take photographs	Take a walk and look at other's gardens
Volunteer at a local organization	Paint your nails
Visit a museum or local art gallery	Change your hair color
Go to church, synagogue, temple or other place of worship	Work on your car, bicycle or motorcycle
Pray or meditate	Take a bubble bath or shower
Cut out pictures from old magazines and make a collage	Rub your feet and hands with lotion
Adapt a song with your own lyrics	Masturbate
Make a list of people you admire and want to be like	Have sex with someone you care about
Describe what you admire about these people	Sign up for class at a local school, college or on-line
Imagine how someone you admire would act/do in your life	Read your favorite book, magazine, newspaper, or poem
Make a list of places you'd like to visit nearby	Read a trashy magazine
Write a poem, story, play about your life or someone else's life	Write a letter or card to a friend or family member
Make a list of 10 things you'd like to do before you die	Write things you like about yourself
Write a letter to someone who has made your life better and tell them why (you do not need to send it)	Write in your journal or diary about what happened today
Write about the craziest, funniest, or sexiest thing that has ever happened to you	Write a loving letter to yourself when you are feeling good and keep it to read when you are upset
Write a song	Make a list of 10 things you are good at and keep to read when you are upset
Play an instrument or learn how to play one	Start a collage of cartoons that make you laugh
Start a quote list, of quotes that inspire you and/or make you laugh	Create your own list of pleasurable activities
Organize a party	Other ideas: