

Pleasant Activity Scheduling

Soaking in a bathtub
Planning my career
Collecting things (shells, cards)
Going on vacation
Recycling old things
Going on a date
Relaxing
Going to a movie theatre
Walking or jogging
Listening to music
Recalling past parties
Lying in the sun
Laughing
Thinking about my past trips
Listening to others
Reading magazines
Hobbies (model building, etc.)
Spending time with friends
Planning the day's activities
Meeting new people
Remembering beautiful scenery
Saving money
Eating healthy food
Practicing karate, judo, yoga
Working on my bike (or car)
Having a quiet evening
Taking care of my plants
Going swimming
Doodling
Exercising / working out
Collecting old things
Going to a party
Thinking about buying things
Texting
Instant messaging
Playing sports
Flying kites
Sharing a family meal
Going camping
Singing around the house
Going to church/synagogue/etc.
Praying or reading scripture
Losing weight
Going to the beach
Going hiking
Thinking "I'm an OK person"
Having a day with nothing to do

Going skating / skateboarding
Painting
Doing something spontaneous
Doing needlepoint or sewing
Sleeping in
Extra-curricula activities
Joining a club at school
Trying out for a sports team
Going hunting
Playing musical instruments
Doing arts and crafts
Making a gift for someone
Buying music
Watching boxing or wrestling
Planning parties
Cooking
Writing books, poems, or songs
Buying clothes
Going out to dinner
Discussing books
Gardening
Going to a beauty parlor
Going to plays and concerts
Daydreaming
Going for a drive
Watching TV
Listening to the radio
Making lists of tasks
Going bike riding
Walking in the woods
Buying gifts
Photography
Playing with animals and pets
Acting
Writing diary entries or letters
Cleaning
Dancing
Meditating
Thinking about having a family
Thinking about getting married
Remembering happy moments
Playing cards or board games
Having a political discussion
Doing crossword puzzles
Playing Sudoku
Shooting pool
Throwing around a football
Dressing up and looking nice
Reflect on how I've improved

Going to museums
Lighting candles
Saying "I love you"
Seeing my good qualities
Taking a sauna
Going bowling
Fantasizing about the future
Taking ballet, tap dancing
Recording music
Debating
Going horseback riding
Volunteering
Doing jigsaw puzzles
Playing fantasy sports
Using the internet
Checking my emails
Calling old friends
Learning magic tricks
Calling far-away family
Grocery shopping
Mowing the lawn
Going skiing
Learning to drive
Looking at old photos
Sitting at the park
Home improvement
Watching movies at home
Having quiet time to myself
Going to the mall
Getting a haircut
Die-ing my hair
Painting my nails
Going paintballing
Riding a four-wheeler
Getting in a hot-tub
Making salads
Having a sleepover
Watching a sports game
Looking at the clouds in the sky
Learning new jokes
Playing video games
Planting fruits and vegetables
Watching the stars at night

Other: _____

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