

Pleasant Activities List

As we work through our depression, we are not merely looking toward the absence of depression and negative thoughts that drag us down. We are looking to thrive in our lives! We need to live our lives. What is it that you enjoy? That you find fulfilling? That gives you a sense of joy and contentment? What would you be doing if you weren't depressed?

Check the "T" box any activity from the list that you used to enjoy or would like to Try.

Check the "P" box if the activity gives you Pleasure.

Check the "M" box if the activity gives you a sense of Mastery.

| | T | P | M | | | T | P | M | |
|-----|---|---|---|------------------------------------|-----|---|---|---|-----------------------------------|
| 1. | | | | Wear clothes that I like | 41. | | | | See beautiful scenery |
| 2. | | | | Be outdoors | 42. | | | | Improve my health |
| 3. | | | | Think about pleasant memories | 43. | | | | Be downtown |
| 4. | | | | Talk about sports | 44. | | | | Go to museum or exhibition |
| 5. | | | | Watch or participate in sports | 45. | | | | Learn something |
| 6. | | | | Go to a play, concert, or ballet | 46. | | | | Go to the gym |
| 7. | | | | Plan trips or vacations | 47. | | | | Be with relatives |
| 8. | | | | Buy things | 48. | | | | Talk on the phone |
| 9. | | | | Do artwork or crafts | 49. | | | | Go to the movies |
| 10. | | | | Read religious literature | 50. | | | | Enjoy intimacy with a partner |
| 11. | | | | Rearrange my room or house | 51. | | | | Cook or bake |
| 12. | | | | Read books or magazines | 52. | | | | Eat out |
| 13. | | | | Go to that class or family reunion | 53. | | | | Reminisce or talk about old times |
| 14. | | | | Go for a drive | 54. | | | | Get up early in the morning |
| 15. | | | | Boating or fishing | 55. | | | | Visit friends |
| 16. | | | | Watch TV | 56. | | | | Write in a diary |
| 17. | | | | Fix things around the house | 57. | | | | Say prayers |
| 18. | | | | Give advice to others | 58. | | | | Meditate or do yoga |
| 19. | | | | Complete a challenging task | 59. | | | | Read the newspaper |
| 20. | | | | Solve a puzzle or crossword | 60. | | | | Exercise |
| 21. | | | | Take a long bath or shower | 61. | | | | Walk barefoot |
| 22. | | | | Write stories, poetry, or music | 62. | | | | Play Frisbee or catch |
| 23. | | | | Sing | 63. | | | | Sew, knit, or crochet |
| 24. | | | | Go to work | 64. | | | | Be with someone I love |
| 25. | | | | Attend religious services | 65. | | | | Sleep late |
| 26. | | | | Play a musical instrument | 66. | | | | Start a new project |
| 27. | | | | Take a nap | 67. | | | | Go to the library |
| 28. | | | | Put on makeup or do hair | 68. | | | | Watch people |
| 29. | | | | Visit the sick or shut in | 69. | | | | Write letters, cards, or notes |
| 30. | | | | Relax | 70. | | | | Care for house plants |
| 31. | | | | Sit in the sun | 71. | | | | Take a walk |
| 32. | | | | Go to a fair, park, or zoo | 72. | | | | Do things with children |
| 33. | | | | Plan or organize something | 73. | | | | Stay up late |
| 34. | | | | See, listen to, or smell nature | 74. | | | | Go to auctions or garage sales |
| 35. | | | | Listen to the radio | 75. | | | | Travel |

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|-------|--|--|--|---|-------|--|--|--|--|
| 36. | | | | Give gifts | 76. | | | | Play with pets |
| 77. | | | | Photography | 105. | | | | Read cartoons or comic books |
| 78. | | | | Help someone | 106. | | | | Do volunteer work |
| 79. | | | | Hear jokes or comedy routines | 107. | | | | Look at the stars or moon |
| 80. | | | | Eat good meals | 108. | | | | See old friends |
| 81. | | | | Go on vacation / stay-action | 109. | | | | Listen to lectures or sermons |
| 82. | | | | Recycle old items | 110. | | | | Tackle that to do / to buy list |
| 83. | | | | Go on a date | 111. | | | | Listen to music |
| 84. | | | | Do outdoor work such as gardening | 112. | | | | Go jogging or walking, take the dog |
| 85. | | | | Smile at people | 113. | | | | Doing arts and crafts |
| 86. | | | | Talk about politics | 114. | | | | Wear comfortable clothes |
| 87. | | | | Go shopping | 115. | | | | Go to a family event |
| 88. | | | | Clean or organize something | 116. | | | | Play cards |
| 89. | | | | Do favors for people | 117. | | | | Buy things for myself |
| 90. | | | | Use Cologne, perfume, or aftershave | 118. | | | | Play board games or games online |
| 91. | | | | Shower / brush your teeth | 119. | | | | Make a new friend |
| 92. | | | | Wash your hair/shave | 120. | | | | Watch a sunset |
| 93. | | | | Fix and eat something you enjoy | 121. | | | | Have coffee, tea, drinks with a friend |
| 94. | | | | Lose weight | 122. | | | | Go Golfing |
| 95. | | | | Plan that career or job change | 123. | | | | Laugh |
| 96. | | | | Listen to others | 124. | | | | Read magazines or newspapers |
| 97. | | | | Get back to that hobby | 125. | | | | Spend an evening with friends |
| 98. | | | | Meet new people | 126. | | | | Dance |
| 99. | | | | Go on a nature walk | 127. | | | | Have a discussion with friends |
| 100. | | | | Start a garden or take care of plants | 128. | | | | Get involved in your faith |
| 101. | | | | Participate in a social, community, or religious group | 129. | | | | Start on that book you were always going to write |
| 102. | | | | Acknowledge the fact that you are an "OK" person | 130. | | | | Feel good about doing absolutely nothing sometimes |
| 103. | | | | Affirm self for doing a full day's work, choose self-satisfaction | 131. | | | | Lie out in the sun and get a little Vitamin D |
| 104. | | | | Go to a movie in the middle of the week | 132. | | | | Talk about my children or grandchildren |
| Other | | | | | Other | | | | |
| Other | | | | | Other | | | | |