

## Menu of Possibly Pleasurable Activities

- Take a drive to see something new.
- Relax and read the newspaper.
- Help your child with homework.
- Plant something to watch it grow.
- Go for a walk.
- Take a nap.
- Build something from wood.
- Feed the birds or ducks.
- Hang a hummingbird feeder.
- Enjoy a special dessert.
- Go for a run.
- Get up early to watch the sunrise.
- Walk a dog.
- Play frisbee.
- Sew something.
- Play golf or miniature golf.
- Read poetry.
- Start a memory box.
- Call a friend who makes you laugh.
- Enjoy the quiet of an early morning.
- Have lunch with a friend.
- Grow (or shave off) a beard or mustache.
- Have a relaxed breakfast.
- Compliment someone.
- Send a care package to a student.
- Call someone special in your family.
- Write to an old friend.
- Enter a contest.
- Volunteer to be a coach.
- Paint a room.
- Search your family history.
- Lie under a tree and watch the sky.
- Go camping.

- Ride a motorcycle.
- Hum or sing.
- Add an item to your collection.
- Make some food for a friend.
- Play tennis.
- Watch a funny movie.
- Read a book you've heard about.
- Listen to your favorite music.
- Go to a movie, perhaps with a child.
- Go out for a special meal.
- Lie on the grass.
- Cook a favorite meal.
- Visit an old friend.
- Pray.
- Visit a shopping mall.
- Go to a yard sale or garage sale.
- Have your own yard sale.
- Go skateboarding or rollerblading.
- Have coffee with a friend.
- Visit a museum.
- Walk along the water.
- Visit someone who is homebound.
- Spend an hour in a favorite store.
- Walk or ride a bicycle path.
- Buy a small gift for a friend or child.
- Find a place for a moment of solitude.
- Visit the library.
- Play a card or board game.
- Wash and wax your car.
- Take a class.
- Play a musical instrument (or learn to).
- Look at maps for places to visit.
- Meditate.