



Pleasant Activities

The following list contains pleasant activities that you can engage in alone or with others. Feel free to choose an activity from the list, or add your own!

1. Do yoga
2. Get dressed up
3. Reflect on past pleasant memories
4. Do your hair
5. Dance to your favorite songs
6. Put on makeup
7. Journal
8. Draw
9. Make a playlist and share it
10. Paint
11. Write down things that you like about yourself
12. Plan a trip
13. Watch a movie
14. Create with clay or playdough
15. Soak in the bathtub
16. Cook a nice meal
17. Listen to music
18. Bake something yummy
19. Lay in the sun
20. Call a friend
21. Engage with hobbies (e.g., crystal collecting, model building)
22. Read a book or magazine
23. Complete puzzles (e.g., crosswords, Sudoku, word searches)
24. Practice karate
25. Mindfully eat a snack or meal
26. Take care of your plants
27. Repair things around the house
28. Spend time with family
29. Sing
30. Repeat self-affirmations
31. Complete crafts (e.g., knitting, crochet, needlepoint)
32. Take a nap
33. Listen to records
34. Make a gift for someone
35. Take photos
36. Clean your space
37. Play with animals



38. Meditate
39. Play cards
40. Take a shower
41. Watch the sun rise
42. Watch the sun set
43. Rearrange your space
44. Learn a new dance
45. Play chess or checkers
46. Write a short story
47. Watch birds
48. Listen to a podcast
49. Watch people from your window
50. Mindfully drink something tasty
51. Complete an exercise video
52. Watch the sky, clouds, or a storm
53. Play board games, card games, or other fun games
54. Engage with a virtual group (e.g., book club, therapy group)
55. Mindfully walk barefoot through your home
56. Write a note and leave it for someone in your home to find
57. Play video games
58. Order your favorite meal
59. Go on a virtual tour (e.g., explore museums, landmarks, and cities virtually)
60. Enroll in an online course
61. Email a friend
62. Give yourself a manicure or pedicure
63. Play an instrument
64. Write down quotes that inspire you
65. Express gratitude to a friend or loved one
66. Learn a language
67. Cut out pictures and make a collage
68. Change your hair color
69. Go for a walk outside
70. Start an indoor garden
71. Take your pet for a walk
72. Plan a get-together with loved ones
73. _____
74. _____
75. _____
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80. _____