**Pleasurable Activities Catalogue**

The following is a list of activities that might be pleasurable for you. Feel free to add your own pleasurable activities to the list.

1. Soaking in the bathtub

2. Planning my career

3. Collecting things (coins, shells, etc.)

4. Going for a holiday

5. Recycling old items

6. Relaxing

7. Going on a date

8. Going to a movie

9. Jogging, walking

10. Listening to music

11. Thinking I have done a full day’s work

12. Recalling past parties

13. Buying household gadgets

14. Lying in the sun

15. Planning a career change

16. Laughing

17. Thinking about my past trips

18. Listening to others

19. Reading magazines or newspapers

20. Hobbies (stamp collecting, model building,

etc.)

21. Spending an evening with good friends

22. Planning a day’s activities

23. Meeting new people

24. Remembering beautiful scenery

25. Saving money

26. Gambling

27. Going to the gym, doing aerobics

28. Eating

29. Thinking how it will be when I finish school

30. Getting out of debt/paying debts

31. Practising karate, judo, yoga

32. Thinking about retirement

33. Repairing things around the house

34. Working on my car (bicycle)

35. Remembering the words and deeds of loving

people

36. Wearing sexy clothes

37. Having quiet evenings

38. Taking care of my plants

39. Buying, selling stocks and shares

40. Going swimming

41. Doodling

42. Exercising

43. Collecting old things

44. Going to a party

45. Thinking about buying things

46. Playing golf

47. Playing soccer

48. Flying kites

49. Having discussions with friends

50. Having family get-togethers

51. Riding a motorbike

52. Sex

53. Playing squash

54. Going camping

55. Singing around the house

56. Arranging flowers

57. Going to church, praying (practising religion)

58. Losing weight

59. Going to the beach

60. Thinking I’m an OK person

61. A day with nothing to do

62. Having class reunions

63. Going ice skating, roller skating/blading

64. Going sailing

65. Travelling abroad,

66. Sketching, painting

67. Doing something spontaneously

68. Doing embroidery, cross stitching

69. Sleeping

70. Driving

71. Entertaining

72. Going to clubs (garden, sewing, etc.)

73. Thinking about getting married

74. Going birdwatching

75. Singing with groups

76. Flirting

77. Playing musical instruments

78. Doing arts and crafts

79. Making a gift for someone

80. Buying CDs, tapes, records

81. Watching boxing, wrestling

82. Planning parties

83. Cooking, baking

84. Going hiking, bush walking

85. Writing books (poems, articles)

86. Sewing

87. Buying clothes

88. Working

89. Going out to dinner

90. Discussing books

91. Sightseeing

92. Gardening

93. Going to the beauty salon

94. Early morning coffee and newspaper

95. Playing tennis

96. Kissing

97. Watching my children (play)

98. Thinking I have a lot more going for me than most people

99. Going to plays and concerts

100. Daydreaming

101. Planning to go to FE or university

102. Going for a drive

103. Listening to a stereo

104. Refinishing furniture

105. Watching videos or DVDs

106. Making lists of tasks

107. Going bike riding

108. Walks on the riverfront/foreshore

109. Buying gifts

110. Travelling to national parks

111. Completing a task

112. Thinking about my achievements

113. Going to a footy game (or rugby, soccer,basketball, etc.)

114. Eating gooey, fattening foods

115. Exchanging emails, chatting on the internet

116. Photography

117. Going fishing

118. Thinking about pleasant events

119. Staying on a diet

120. Star gazing

121. Flying a plane

122. Reading fiction

123. Acting

124. Being alone

125. Writing diary/journal entries or letters

126. Cleaning

127. Reading non-fiction

128. Taking children places

129. Dancing

130. Going on a picnic

131. Thinking “I did that pretty well” after doing

something

132. Meditating

133. Playing volleyball

134. Having lunch with a friend

135. Going to the hills

136. Thinking about having a family

137. Thoughts about happy moments in my childhood

138. Splurging

139. Playing cards

140. Having a political discussion

141. Solving riddles mentally

142. Playing cricket

143. Seeing and/or showing photos or slides

144. Knitting/crocheting/quilting

145. Doing crossword puzzles

146. Shooting pool/Playing billiards

147. Dressing up and looking nice

148. Reflecting on how I’ve improved

149. Buying things for myself

150. Talking on the phone

151. Going to museums, art galleries

152. Thinking religious thoughts

153. Surfing the internet

154. Lighting candles

155. Listening to the radio

156. Going crabbing or prawning

157. Having coffee at a cafe

158. Getting/giving a massage

159. Saying “I love you”

160. Thinking about my good qualities

161. Buying books

162. Having a spa, or sauna

163. Going skiing

164. Going canoeing or white-water rafting

165. Going bowling

166. Doing woodworking

167. Fantasising about the future

168. Doing ballet, jazz/tap dancing

169. Debating

170. Playing computer games

171. Having an aquarium

172. Erotica (sex books, movies)

173. Going horseback riding

174. Going rock climbing

175. Thinking about becoming active in the community

176. Doing something new

177. Making jigsaw puzzles

178. Thinking I’m a person who can cope

179. Playing with my pets

180. Having a barbecue

181. Rearranging the furniture in my house

182. Buying new furniture

183. Going window shopping

**Other Ideas**

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