

PLEASANT EVENTS AND FEEL GOOD LIST

Tick boxes for events you would find pleasant, that make you feel happy or joyful.
Circle 3-5 things you will do this week. Do at least one thing each day from the list.

- Simple relaxation exercise
- Place fresh flowers in your house or workplace
- Positive Affirmation "I am willing to love myself a bit more each day"
- Spend some time daydreaming (visualising) about what you would like in your life
- Listen to a recorded meditation
- Take a bath by candlelight
- Play a musical instrument or listen to someone else play an instrument
- Expand your knowledge and read about how the mind works
- Be kind to yourself
- Give yourself a compliment
- Pay someone else a compliment
- Paint, draw, do craft
- Listen to your favourite music
- Feel gratitude for something
- Call a friend for a chat
- Take a walk
- Visualise yourself having, being or doing what you are working toward.
- Take a few deep breaths
- Buy yourself a gift
- Lie in a hammock
- Find a photo of yourself as a child and pin it up on a noticeboard
- Allow yourself a day off
- Give yourself a foot massage or foot bath
- Have a nice stretch
- Give someone a hug
- Play music and dance
- Take a nap
- Drink a glass of water
- Watch the waves at the beach
- Read the cartoon section of the newspaper
- Spend 10 minutes tidying up clutter in a section of your home
- Light some candles
- Look at old photographs
- Read old letters
- Organise a photo album
- Practice mindfulness
- Go for a walk and pick flowers
- Journal writing
- Lie down and rest if you're tired
- Play a board game
- Sit in the winter sun and read a book
- Smile and take things less seriously
- Sleep in
- Read a magazine
- Planning your career
- Collecting things (shells, trinkets, rocks)
- Thinking of how it will be when you finish studying
- Recycling old items
- Going on a date
- Relaxing
- Going to the movies
- Watch a movie at home
- Jogging
- Thinking "I have done a full day's work"
- Thinking about past parties
- Buying household gadgets
- Lying in the sun
- Planning a career change
- Laughing
- Thinking about past trips

- Listening to a podcast
- Read the newspaper
- Engage in hobbies (sewing, scrapbooking, stamp collecting)
- Spend an evening with good friends
- Planning a day's activities
- Meeting new people
- Remembering beautiful scenery
- Saving money
- Going home from work
- Eating
- Practise karate, yoga, pilates, tai chi
- Thinking about retirement
- Repairing things around the house
- Working on machinery (car, boat, bike)
- Remembering the words and deeds of loving people
- Having quiet evenings
- A few moments of peace and quiet
- Taking care of your plants
- Going swimming
- Doodling
- Doing exercise you enjoy
- Going to a party
- Thinking of buying things
- Playing golf
- Playing soccer
- Flying Kites
- Talking with friends
- Having family get-togethers
- Riding a bike
- Riding a jet ski
- Riding a motorbike
- Running track
- Going camping
- Singing around the house
- Arranging flowers
- Practising religion (going to church, group praying, etc)
- Organising tools
- Going to the beach
- Thinking "I'm a good person"
- Having a day with nothing to do
- Going to a class reunion
- Going skating, skateboarding, rollerblading
- Going sailing or boating
- Travelling or going on vacation
- Doing something spontaneously
- Doing needlepoint
- Sleeping
- Going to a lookout
- Sitting in nature
- Entertaining, giving parties
- Going to clubs (garden clubs, single parents, etc)
- Joining women's group
- Finding a meetup group
- Singing with groups
- Flirting
- Doing arts and crafts
- Going to an art class
- Making a gift for someone
- Buying/downloading music
- Watching Youtube music videos
- Watching favourite TV shows
- Planning parties
- Cooking
- Going hiking
- Writing (books, poems, articles)
- Buying clothes
- Going out to dinner
- Working
- Discussing books
- Going to a book club
- Sightseeing
- Getting a manicure/pedicure/facial
- Going to a day spa
- Have a massage, or relaxing treatment
- Early morning coffee and newspaper
- Playing tennis
- Watching your children play
- Thinking of what's good in your life
- Going to plays and concerts

- Daydreaming
- Quiet time, doing nothing
- Planning to go to TAFE/Uni
- Doing a free online course
- Thinking about sex
- Going for a drive
- Refinishing furniture
- Watching TV
- Making a list of tasks
- Walking in nature by the beach or in the bush
- Buying gifts
- Completing a task
- Going to a spectator sport
- Teaching
- Helping in your child's classroom
- Sharing your skills in your child's classroom
- Photography
- Going fishing
- Thinking about pleasant events
- Playing with animals
- Flying a plane
- Kissing
- Reading fiction
- Acting
- Having some time alone
- Writing diary entries or letters
- Cleaning
- Reading non-fiction
- Taking your children places
- Dancing
- Weightlifting
- Going on a picnic
- Thinking "I did that pretty well," after doing something
- Meditating
- Having lunch with a friend
- Going to the mountains
- Making something with clay
- Taking a pottery class
- Glass blowing
- Going water skiing
- Dressing up
- Reflecting on how well you are doing
- Buying small things for yourself
- Talking on the phone
- Going to an art gallery or museum
- Thinking about religion
- Lighting candles
- White-water rafting
- Going paddle boarding, kayaking
- Ten pin bowling
- Doing woodwork
- Taking ballet or tap-dancing classes
- Debating
- Sitting in a café
- Setting up an aquarium
- Participating in living history events
- Do some knitting, sewing, crocheting
- Doing crossword puzzles
- Playing pool
- Saying, "I love you"
- Playing catch with your kids
- Shooting baskets
- Seeing and or showing photos
- Thinking about your good qualities
- Solving riddles
- Having a political discussion
- Buying books
- Borrowing books from the library
- Going to an infra-red sauna
- Checking out garage sales
- Fantasising about your future
- Thinking about happy moments from your childhood
- Going horse riding
- Doing something new
- Working on a jigsaw puzzle
- Playing cards
- Thinking, "I am a person who can cope"
- Using essential oils
- Making a card and giving it to someone you care about
- Messaging or texting someone

- Wearing your favourite clothes
- Making a smoothie and drinking it slowly
- Putting on makeup
- Thinking about a friend's good qualities
- Completing something you feel good about
- Surprising someone with a favour
- Surfing the internet
- Playing video games
- Emailing friends
- Getting a haircut
- Installing new software
- Buying a CD or music on iTunes
- Watching sports on TV
- Taking care of your pets
- Doing volunteer service
- Watching stand-up comedy on Youtube or Netflix
- Working in your garden
- Participating in a public performance (e.g. flashmob, carols by candlelight)
- Blogging
- Fighting for a cause
- Conducting experiments
- Expressing your love to someone
- Geocaching (treasure hunt)
- Social Networking
- Gathering natural objects (wild foods, driftwood, shells)
- Going into town or to a shopping centre
- Going to a fair, carnival, amusement park
- Going to the library
- Joining or forming a band
- Learning to do something new
- Listening to the sounds of nature
- Looking at the moon or stars
- Outdoor work (chopping wood, farm work)
- Playing organised sports (netball, football, squash, tennis, soccer, etc)
- Playing in the sand, a stream, the grass, kicking leaves, pebbles, etc
- Protesting social, political or environmental issues
- Reading cartoons or comics
- Reading sacred works
- Rearranging or redecorating a room in your house
- Selling or trading something
- Riding an ATV
- Social networking
- Learning or speaking a foreign language
- Composing or arranging songs or music
- Thrift shop shopping
- Give away or sell things you don't want anymore
- Reading inspirational text
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