

Look through the following activities that typically are considered to be enjoyable. Rate them from 0–100, where 100 means that you love doing this activity and 0 means you hate it. Then strike through any rated below 30. At the end, you will have a collection of possible enjoyable activities that you can start building into your daily life.

Activity	Rating 0–100
Having a long, hot bath	
Collecting things	
Playing an instrument	
Playing a team sport	
Swimming	
Going for a walk	
Chatting to a friend	
Coffee	
A meal out	
Coffee and a cake with a friend	
Going to a party or social event	
The smell of freshly mown grass	
Walking in the sunshine	
Going to a cinema	

Watching TV
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Reading a book/magazine
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Shopping
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Stroking a pet
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Walking a dog
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Watching children play
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Playing with your own children
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Baking/cooking
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Gardening
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Being creative (e.g. making jewellery)
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Painting/drawing
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Listening to music
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Writing stories
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Looking at old photos
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Taking photos
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Meeting new people
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Seeing nice scenery
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Repairing things
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Being with the family
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Sex
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Singing
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Going to religious activity/service
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Feeling the sand between your toes
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Seeing animals
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Ice-skating/roller-skating
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Travelling
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Having people round
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Buying a gift for someone
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Sightseeing
.....
Having beauty treatments
.....
Eating
.....
Going on social networking sites
.....
Surfing the web
.....
Star-gazing
.....
Acting
.....
Being alone
.....
Dancing
.....
Day out with the children
.....
Picnic
.....
Doing crosswords or Sudoku (or similar)
.....
Going to museums or art galleries
.....
Volunteering in the community
.....
Doing jigsaws
.....
Having a hot chocolate
.....
Eating an ice cream
.....
Going to a park
.....
Watching ducks in water
.....
Watching a sunset (or sunrise)
.....
Seeing the first blossom of spring
.....
Standing in the snow
.....
Building a snowman
.....
Sledging with the kids
.....
Swinging on a swing or sliding down a slide
.....
Walking barefoot on the grass or beach
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