

WORKSHEET 7.8.12:

LIST OF PLEASANT EVENTS AND ACTIVITIES

Buy a new CD
Cook a nice meal
Go bike riding
Go to a football game
Learn a language
Watch TV
Listen to a CD
Go swimming
Join a new club
Watch a DVD
Buy a bunch of flowers and
 arrange them
Play golf
Go for a walk
Have a bath
Plan a holiday
Buy a gift for someone
Play cards
Do meditation
Go on a holiday
Join a book club
Read a magazine
Play tennis
Do a crossword puzzle
Light a candle
Have a coffee at your favourite
 café
Read a book
Play with a pet
Meet a friend for a meal
Play a board game
Start a new hobby
Listen to the radio
Play squash
Go for a drive
Go to a museum or art gallery
Do woodwork
Go dancing
Play cricket
Go on a picnic

Exercise
Go to the beauty therapist
Play football
Draw or paint
Play a musical instrument
Go to a film
Look at the internet
Go window shopping
Go for a jog
Have friends over for dinner
Go to the park
Sing
Buy something new for the
 house
Play computer games
Bake a cake
Have a quiet evening at home
Go hiking in the outdoors
Buy some new clothes
Join a community group to
 help others
Arrange old photos
Phone a friend
Do something nice for
 someone else
Listen to a relaxation CD
Take time to read the
 newspaper
Burn scented oils
Email a friend
Do yoga
Watch cute animal videos
 on YouTube
