

CHAPTER 8

List of Enjoyable Activities

Watch TV shows or movies	Daydream	Plan new goals
Watch sports on TV	Plan your future	Plan a vacation
Play games on your phone	Get dressed up	Go on vacation
Surf the Internet	Groom (e.g., hair, nails)	Ride a motorcycle
Engage with social media	Take a shower or bath	Go for a drive
Watch funny movie, video	Get a massage	Gamble
Go to live comedy shows	Spa day (e.g., sauna, facial)	Drink coffee, tea, etc.
Laugh	Do landscaping	Sip wine, beer, etc.
Make someone laugh	Help others	Watch the sunrise, sunset
Smile	Make or buy gifts	Get a good night's sleep
Exercise	Fix something	Nap
Dance	Go out to dinner	Putter around the house
Do yoga, tai chi, etc.	Try new foods	Cook
Meditate	Eat "junk" or comfort food	Bake
Pray	Have a picnic or barbecue	Watch children play
Attend religious service	Have political conversation	Play with children
Play a sport	Be active politically	Play games (e.g., cards)
Fish	Talk about books, movies	Play miniature golf
Swim	Discuss the arts	Read a book, magazine
Bicycle	Learn a new skill	Browse a bookstore
Clean, organize	Learn about a new topic	Talk with friends, family
Accomplish tasks	Attend lecture, class, etc.	Socialize
Play an instrument	Be affectionate	Meet new people
Listen to music	Have a romantic date	Throw a party

Create artwork	Have sex	Shop
Do creative writing	Have a sexual fantasy	Stroll in a town, city
Make crafts	Go to the movies	People watch in public
Do puzzles (e.g., crossword)	See live theater or concert	Volunteer
Tend a garden	Go to a museum	Engage in a hobby
Listen to the rain	Go to an aquarium	Collect things
Watch a thunderstorm	Go to the zoo	Spend time at the beach
Go for a walk	Go to a planetarium	Watch a candle's flame
Hike or spend time in nature	Go to an escape room	Build a bonfire at night
Watch animals in nature	Browse art galleries	Stargaze
Hold or play with a pet	Go to an amusement park	Decorate your home