



Exercise: Pleasant Activities – what do you enjoy?

Goal

You will learn to recognise things that add enjoyment to your everyday life.

Instructions

Make a list of all the things that you usually find enjoyable and pleasant. Put the list in a prominent place, such as the door of the refrigerator.

When you make the list, remember all the things that have given you satisfaction in the past. Some of the things on the list may not bring you enjoyment in your present life. Try to think about the smallest things and list as many as possible.

Example

- A quiet moment drinking coffee in the morning
- Walking on a beach

Things I enjoy