



Exercise: Pleasant Activities – What things do you enjoy?

Objective

You will learn to identify things that add pleasure to your daily life.

Instructions

Make a list of things you find pleasant. Place the list in a visible place, such as on the refrigerator door.

Make a list of all the things that have provided you satisfaction in the past. They do not need to be providing you pleasure right now. Try to think about the smallest things possible and get as many things on your list as possible.

For example

- Quiet morning coffee
- A walk on the beach

Things I enjoy