

Plan something enjoyable

Getting up and moving is often difficult when you're feeling depressed or anxious. You don't have the energy or desire to do anything. But doing things you enjoy, being active, and relaxing can help you feel better. This worksheet will help you identify enjoyable activities and build them into your schedule.

Step 1: Create a list of activities

Choose activities that you have enjoyed in the past or new ones you would like to try.

Below is a list of categories that can help you in thinking about pleasant activities. If you need some extra ideas, refer to the "Pleasant Activities Chart."

- Games/Sports
- Being social
- Travel activities
- Spiritual or religious activities
- Relaxing
- At home
- Caring for yourself
- Skills and hobbies
- Just for fun
- Caring for others
- Mental muscle

Now, list your activities below:

1. _____
2. _____
3. _____
4. _____
5. _____

Pleasant Activities Chart

Games/Sports	Being social	Travel Activities
<ul style="list-style-type: none"> • Do yoga, gymnastics, or Pilates • Join a sports team (softball, soccer, football, kickball, hockey, etc.) • Play golf • Go to a sporting event • Try water sports (canoeing, kayaking, motor-boating, sailing, water skiing, surfing, etc.) • Go hiking, spelunking, rock climbing, or mountaineering • Go snow skiing, snowboarding, or snowmobile riding • Play pool or billiards • Go bowling • Go boxing or wrestling • Go fishing • Go horseback riding • Play badminton, squash, tennis, ping pong, etc. • Volunteer to coach a team or give lessons • Go swimming, running, jogging, or walking • Play Frisbee or catch • Go for a bike ride 	<ul style="list-style-type: none"> • Go to a concert • Take part in military activities • Go to a sporting event • Go to a wedding, baptism, confirmation, etc. • Have lunch with friends or associates • Go to a party • Have friends come to visit • Go to a park, picnic, or barbecue, etc. • Go to a school reunion, alumni meeting, etc. • Go to a restaurant • Visit friends 	<ul style="list-style-type: none"> • Take a vacation • Go to the beach • Go to the races • Go camping • Take a road trip • Visit the city • Watch wild animals • Visit the mountains • Look at beautiful scenery
Spiritual or religious activities	Relaxing	At home
<ul style="list-style-type: none"> • Give money to religious, charitable, or other groups • Read sacred works • Attend church functions • Be counseled by a religious leader • Pray • Listen to a spiritual talk or sermon 	<ul style="list-style-type: none"> • Visit the beach • Meditate • Read a book, play, or poem • Sit in the sun • Watch the sky, clouds, or a storm • Look at beautiful scenery • Listen to music • Sleep late • Look at the stars or moon • Spend time in a peaceful place • Go to a health club or spa • Get a massage 	<ul style="list-style-type: none"> • Rearrange or redecorate the house • Garden, landscape, or do yard work • Do "odd jobs" around the house • Do heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.) • Do housework or laundry; clean things

Pleasant Activities Chart

Caring for yourself	Skills and hobbies	Just for fun
<ul style="list-style-type: none"> • Shave • Put on makeup • Take a long shower or bath • Go to a barber or beauty salon • Take a nap • Wear a new outfit • Go on a date • Get a massage • Eat a good meal • Go to a health club or spa • Write in a diary • Remember a departed friend or loved one; visit the cemetery • Spend time with family • Take a long weekend 	<ul style="list-style-type: none"> • Restore antiques, finishing furniture, etc. • Work on machines (cars, bikes, motorcycles, tractors, etc.) • Do woodworking or carpentry • Creative writing (stories, poems, etc.) • Play a musical instrument • Try a new craft (pottery, jewelry, leather, beads, weaving, etc.) • Take photographs • Learn to do something new • Cook something new or special • Knit, crochet, sew or embroider • Start a new project • Repair things • Teach someone a skill • Make up a song or write music • Go bird watching 	<ul style="list-style-type: none"> • Buy new things • Go naked • Drive a sporty or expensive car • Make snacks • See famous people • Walk barefoot • Play with pets • Eat a favorite food • Play a video or computer game • Listen to music • Go to a movie • Rent a video • Go to a fair, carnival, circus, zoo, or amusement park
Caring for others	Mental muscle	
<ul style="list-style-type: none"> • Do something nice for someone • Give money to religious, charitable, or other groups • Visit people who are sick, shut in, or in trouble • Have friends come to visit • Give gifts • Visit friends • Write letters, cards, or notes • Spend time with family • Do volunteer work, work on community service projects 	<ul style="list-style-type: none"> • Solve a problem, puzzle, crossword, etc. • Go to the library • Read articles, how-to pieces or non-fiction books • Go to a museum or exhibit 	

Step 2: Plan a time for your activities

Now that you've created a list of activities, it is important to plan a time to do them. (If you wait for a time when you feel like it, it may not happen.)

Choose a day and time for each of your activities. Don't forget to add them to your personal calendar or day planner.

Activity 1: Start: _____ / _____ / _____
Month Day Year

End: _____ / _____ / _____
Month Day Year

Activity 2: Start: _____ / _____ / _____
Month Day Year

End: _____ / _____ / _____
Month Day Year

Activity 3: Start: _____ / _____ / _____
Month Day Year

End: _____ / _____ / _____
Month Day Year

Activity 4: Start: _____ / _____ / _____
Month Day Year

End: _____ / _____ / _____
Month Day Year

Activity 5: Start: _____ / _____ / _____
Month Day Year

End: _____ / _____ / _____
Month Day Year

