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
- 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

## Being social
- 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

## Travel Activities
- 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
- 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

## Relaxing
- 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

## At home
- 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

<table>
<thead>
<tr>
<th>Caring for yourself</th>
<th>Skills and hobbies</th>
<th>Just for fun</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Shave</td>
<td>• Restore antiques, finishing furniture, etc.</td>
<td>• Buy new things</td>
</tr>
<tr>
<td>• Put on makeup</td>
<td>• Work on machines (cars, bikes, motorcycles, tractors, etc.)</td>
<td>• Go naked</td>
</tr>
<tr>
<td>• Take a long shower or bath</td>
<td>• Do woodworking or carpentry</td>
<td>• Drive a sporty or expensive car</td>
</tr>
<tr>
<td>• Go to a barber or beauty salon</td>
<td>• Creative writing (stories, poems, etc.)</td>
<td>• Make snacks</td>
</tr>
<tr>
<td>• Take a nap</td>
<td>• Play a musical instrument</td>
<td>• See famous people</td>
</tr>
<tr>
<td>• Wear a new outfit</td>
<td>• Try a new craft (pottery, jewelry, leather, beads, weaving, etc.)</td>
<td>• Walk barefoot</td>
</tr>
<tr>
<td>• Go on a date</td>
<td>• Take photographs</td>
<td>• Play with pets</td>
</tr>
<tr>
<td>• Get a massage</td>
<td>• Learn to do something new</td>
<td>• Eat a favorite food</td>
</tr>
<tr>
<td>• Eat a good meal</td>
<td>• Cook something new or special</td>
<td>• Play a video or computer game</td>
</tr>
<tr>
<td>• Go to a health club or spa</td>
<td>• Knit, crochet, sew or embroider</td>
<td>• Listen to music</td>
</tr>
<tr>
<td>• Write in a diary</td>
<td>• Start a new project</td>
<td>• Go to a movie</td>
</tr>
<tr>
<td>• Remember a departed friend or loved one; visit the cemetery</td>
<td>• Repair things</td>
<td>• Rent a video</td>
</tr>
<tr>
<td>• Spend time with family</td>
<td>• Teach someone a skill</td>
<td>• Go to a fair, carnival, circus, zoo, or amusement park</td>
</tr>
<tr>
<td>• Take a long weekend</td>
<td>• Make up a song or write music</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Caring for others</th>
<th>Mental muscle</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Do something nice for someone</td>
<td>• Solve a problem, puzzle, crossword, etc.</td>
</tr>
<tr>
<td>• Give money to religious, charitable, or other groups</td>
<td>• Go to the library</td>
</tr>
<tr>
<td>• Visit people who are sick, shut in, or in trouble</td>
<td>• Read articles, how-to pieces or non-fiction books</td>
</tr>
<tr>
<td>• Have friends come to visit</td>
<td>• Go to a museum or exhibit</td>
</tr>
<tr>
<td>• Give gifts</td>
<td></td>
</tr>
<tr>
<td>• Visit friends</td>
<td></td>
</tr>
<tr>
<td>• Write letters, cards, or notes</td>
<td></td>
</tr>
<tr>
<td>• Spend time with family</td>
<td></td>
</tr>
<tr>
<td>• Do volunteer work, work on community service projects</td>
<td></td>
</tr>
</tbody>
</table>
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