



## Enjoyable Activities Checklist

| Mark "Yes" or "No" To All That Apply     | YES | NO |
|--|-----|----|
| 1. Take a drive in the country           |     |    |
| 2. Take a bubble bath                    |     |    |
| 3. Go hiking                             |     |    |
| 4. Engage in a hobby                     |     |    |
| 5. Bicycle                               |     |    |
| 6. Go running                            |     |    |
| 7. Sleep in                              |     |    |
| 8. Write letters to friends or family    |     |    |
| 9. Walk barefoot                         |     |    |
| 10. Dance like no one is watching        |     |    |
| 11. Solve a problem                      |     |    |
| 12. Go skiing                            |     |    |
| 13. Go on a picnic                       |     |    |
| 14. Watch the clouds                     |     |    |
| 15. Go snowboarding                      |     |    |
| 16. Play a musical instrument            |     |    |
| 17. Eat your favorite food               |     |    |
| 18. Buy a plant and take care of it      |     |    |
| 19. Write in a journal or diary          |     |    |
| 20. Practice meditating                  |     |    |
| 21. Treat yourself to something special  |     |    |
| 22. Doodle or draw                       |     |    |
| 23. Teach someone how to do something    |     |    |
| 24. Reflect on past positive memories    |     |    |
| 25. Rearrange a room                     |     |    |
| 26. Look at the moon                     |     |    |
| 27. Get your hair done                   |     |    |
| 28. Go to the aquarium                   |     |    |
| 29. Watch the sunrise or sunset          |     |    |
| 30. Fly a kite                           |     |    |
| 31. Play ping pong                       |     |    |
| 32. Snuggle with your partner            |     |    |
| 33. Go ice skating                       |     |    |
| 34. Paint                                |     |    |
| 35. Play games on your electronic device |     |    |
| 36. Call a friend                        |     |    |
| 37. Color                                |     |    |
| 38. Drink a cold glass of water          |     |    |
| 39. Cook or bake something               |     |    |
| 40. Go to the gym                        |     |    |
| 41. Go rock climbing                     |     |    |



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|---|--|--|
| 42. Sew   |  |  |
| 43. Spend time with your pet                    |  |  |
| 44. Take a nap                                  |  |  |
| 45. Go camping                                  |  |  |
| 46. Go to a nursery                             |  |  |
| 47. Make popcorn                                |  |  |
| 48. Walk your dog                               |  |  |
| 49. Visit family and friends                    |  |  |
| 50. Take a trip to the zoo                      |  |  |
| 51. Go to the ocean                             |  |  |
| 52. Go kayaking or paddleboarding               |  |  |
| 53. Plan a trip                                 |  |  |
| 54. Soak up the sun                             |  |  |
| 55. Learn something new                         |  |  |
| 56. Recycle old items                           |  |  |
| 57. Go to the thrift store                      |  |  |
| 58. Go to the pet store                         |  |  |
| 59. Go golfing                                  |  |  |
| 60. Shoot some pool                             |  |  |
| 61. Light a candle                              |  |  |
| 62. Go magnet fishing                           |  |  |
| 63. Join a support group                        |  |  |
| 64. Brush or comb your hair                     |  |  |
| 65. Play checkers or chess                      |  |  |
| 66. Sing karaoke                                |  |  |
| 67. Use a calming app on your electronic device |  |  |
| 68. Exercise                                    |  |  |
| 69. Go to the movies                            |  |  |
| 70. Listen to music                             |  |  |
| 71. Garden                                      |  |  |
| 72. Go fishing                                  |  |  |
| 73. Stargaze                                    |  |  |
| 74. Read a book or magazine                     |  |  |
| 75. Have a cup of coffee or tea                 |  |  |
| 76. Join a book club                            |  |  |
| 77. Go to a comedy club                         |  |  |
| 78. Go to a spa and pamper yourself             |  |  |
| 79. Go on a date                                |  |  |
| 80. Go to church                                |  |  |
| 81. Take a walk                                 |  |  |
| 82. Birdwatch                                   |  |  |
| 83. Engage in a mindfulness practice            |  |  |



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|                               |  |  |
|-------------------------------|--|--|
| 84. Go to the library         |  |  |
| 85. Collect things            |  |  |
| 86. Clean the house           |  |  |
| 87. Go to a garage sale       |  |  |
| 88. Buy or sell an item       |  |  |
| 89. Organize photos           |  |  |
| 90. Give someone a compliment |  |  |
| 91. Play cards                |  |  |
| 92. Work on a jigsaw puzzle   |  |  |
| 93. Throw darts               |  |  |
| 94. Listen to nature          |  |  |
| 95. Knit or crochet           |  |  |
| 96. Create a vision board     |  |  |
| 97. Make a gift for someone   |  |  |
| 98. Volunteer                 |  |  |
| 99. Have a quiet evening      |  |  |
| 100. Paint rocks              |  |  |