

# humantold

## Pleasant Events List

Adding new activities to our week can create more pleasure in our lives and change the monotony of a routine. Pick a category and choose an activity that seems interesting to you!

### Food

- Cook a nice meal
- Visit a favorite cafe
- Try a new restaurant
- Go on a picnic
- Make a new recipe
- Take a cooking class
- Bake a dessert
- Have friends over for dinner
- Meet a friend for a meal

### Exercise

- Go bike riding
- Play golf
- Do tai chi
- Go swimming
- Play baseball
- Play volleyball
- Go rollerblading
- Play tennis
- Go for a jog
- Play basketball
- Go for a walk
- Go bowling
- Do a workout class
- Go ice skating
- Go hiking in the outdoors
- Play pickleball
- Go to the gym
- Play kickball
- Go kayaking
- Do yoga
- Do karate

### Self-Care

- Have a bubble bath
- Buy and arrange flowers
- Do a meditation
- Buy some new clothes
- Light a candle
- Write in a journal
- Go on a holiday
- Have a quiet evening at home
- Boil cinnamon
- Buy something new for home
- Buy a potted plant
- Do a face mask
- Diffuse essential oils
- Get a manicure
- Listen to relaxing music
- Make a warm cup of tea
- Drink a glass of water
- Sage your home

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Take a nap

Do a yoga nidra

Get a massage

## Entertainment at Home

Read a magazine

Watch a movie

Do a crossword puzzle

Watch TV

Listen to music

Play cards

Clean your home

Read a book

Play with a pet

Play a board game

Draw or paint

Surf the web

Sing

Play video games

Read the newspaper

Arrange old photos

Plant a garden

Email a friend

Phone a friend

Write a letter to a friend

Organize your belongings

Plan a holiday

Put together a puzzle

Build something

## Entertainment Outside

Go to a sports game

Go for a drive

Go people watching

Go to a movie

Join a club

Join a community garden

Go to a concert

Go to a botanical garden

Go to the library

Watch the opera

Go to the park

Join a book club

Go to a dance performance

Go window shopping

Go dancing

Go to a play or musical

Join a community group

Go to an art museum or gallery

Talk to someone new

Visit a local tourist attraction

Go to a comedy show

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## **Educational**

- Learn a new language
- Learn to play a musical instrument
- Take a pottery class
- Do a woodworking class
- Enroll in a class at your local college/university
- Take an art class

## **Acts of Kindness**

- Buy a gift for someone
- Do something nice for someone
- Donate to an organization
- Volunteer
- Give someone a compliment
- Pick up trash in your neighborhood