Exercise: Pleasant Activities – what do you enjoy?

Why?

Enjoyment helps you cope with life’s responsibilities.

In this exercise, you learn to identify things that increase enjoyment in your daily life.

How?

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

As you create the list, recall all the things that have brought you satisfaction in the past. Don’t expect that they must bring you pleasure right now. Try to think of as many small things as you can and include as many items on your list as you can.

Things I enjoy

For example: “A peaceful morning cup of coffee. A walk by the shore.”