Pleasure list – what things do you enjoy?

Goal

You learn to increase enjoyment in your daily life.

Instructions

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

When making the list, recall all the things that have brought you satisfaction in the past. Don’t assume they have to bring you pleasure right now. Try to think of as many small and concrete things as possible.

For example: A peaceful morning coffee moment. A walk by the shore.