

A Menu of Possibly Pleasurable Activities
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Here are many different ways in which people sometimes enjoy themselves. Underline some options that you have enjoyed in the past or might enjoy in the future.

Take a drive to see something new	Walk or ride a bicycle path
Relax and read the newspaper	Buy a small gift for a friend or child
Help your child with homework	Find a place for a moment of solitude
Plant something to watch it grow	Make a pizza
Go for a walk	Visit the library
Take a nap	Play a card or board game
Build something from wood	Buy thick fluffy new bath towels
Feed the birds or ducks	Put fresh sheets on the bed
Hang a hummingbird feeder	Hunt for bargains at a thrift store
Enjoy a special dessert	Trade backrubs for 20 minutes
Go for a run	Take a relaxing hot bath
Get up early to watch the sun rise	Indulge in your favorite childhood treat
Walk a dog	Enjoy one perfect flower in a vase
Play frisbee	Compliment someone
Sew something	Babysit for someone who needs relief
Have a relaxed breakfast	Send a care package to a student
Spend an hour in a favorite store	Call someone special in your family
Have a makeup demonstration	Write to an old friend
Visit a shopping mall	Go to a movie, perhaps with a child
Add one new item to your wardrobe	Make a big bowl of popcorn
Pamper your feet in a basin of warm water	Have or give an oil massage
Massage your feet with a cooling lotion	Listen to your favorite music
Write a letter to someone who helped you	Read a book you've heard about
Work on a quilt	Bake a batch of cookies
Pray	Make some food for a friend
Visit an old friend	Add an item to your collection
Cook a favorite meal	Hum or sing
Lie on the grass	Listen to a favorite CD
Go out for a special meal	Write in a diary or journal
Rent a funny movie	Ride a motorcycle
Play tennis	Play golf or miniature golf
Try a new recipe	Clean out your purse
Go to a yard sale or garage sale	Read old letters you have kept
Have your own yard sale	Read poetry
Go skateboarding or rollerblading	Write poetry
Go roller skating or ice skating	Start a memory box
Have coffee with a friend	Read your favorite children's book
Visit a museum	Rearrange the furniture
Walk along the water	Call a friend who makes you laugh
Visit someone who is homebound	Bake biscuits or tortillas

Daydream a little
Enjoy the quiet of an early morning
Have lunch with a friend
Roll down a hill
Polish your nails a new color
Grow (or shave off) a beard or mustache
Try a new hairstyle
Enter a contest
Search your family history
Volunteer to be a coach
Paint a room
Wash and wax your car
Lie under a tree and watch the sky
Do some gardening
Take a class
Play a musical instrument (or learn to)
Visit a wildlife refuge
Visit (or volunteer at) the zoo
Go horseback riding
Look at maps for places to visit
Cover a bulletin board with family pictures
Meditate
Go camping
Search the Web
Take a creek walk - the stream is your path
Pick fresh fruit or berries
Make homemade ice cream
Read a favorite magazine
Go to a demonstration in a store
Play tennis
Go to a gym and work out
Go to a sporting event with someone
Spend an hour alone with your child
Be creative - try out a new kind of art
Make a family scrapbook
Build a swing in a tree
Refinish old furniture
Call someone you'd like to talk to
Send a card to a someone you care about
Wash your windows
Have a picnic in the park
Find a good spot and watch the night sky
Go fly a kite
Go dancing
Sing in a chorus
Go downtown

Go to an open house
Have dinner at a romantic restaurant
Give and receive a foot massage
Visit an aquarium
Ski or play in the snow
Build a fire
Work on a car or truck
Plan a holiday or trip
Smile
Find shapes in the clouds
Draw a cartoon
Roast hotdogs and marshmallows
Cut, chop, or carve wood
Go for a swim
Listen to a favorite radio station or program
Frame a picture
Put your feet up
Skip stones across water
Go to the mountains
Ride a train
Go to a talk or concert