

Adult Pleasant Events Schedule

1. A day with nothing to do
2. Acting
3. Arranging flowers
4. Being alone
5. Buying books
6. Buying clothes
7. Buying gifts
8. Buying household gadgets
9. Buying records
10. Buying things for myself
11. Buying, selling stock
12. Cleaning
13. Collecting old things
14. Collecting shells
15. Collecting things (coins, shells)
16. Completing a task
17. Cooking
18. Dancing
19. Daydreaming
20. Debating
21. Discussing books
22. Doing arts and crafts
23. Doing crossword puzzles
24. Doing needlepoint, crewel, etc.
25. Doing something new
26. Doing something spontaneously
27. Doing woodworking
28. Doodling
29. Dressing up and looking nice
30. Driving
31. Morning coffee and newspaper
32. Eating
33. Eating gooey, fattening foods
34. Entertaining
35. Erotica (sex books, movies)
36. Exercising
37. Fantasizing about the future
38. Flirting
39. Flying a plane
40. Flying kites
41. Gambling
42. Gardening
43. Getting a massage
44. Getting out of (paying on) debt
45. Going bike riding
46. Going bowling
47. Going camping
48. Going fishing
49. Going for a drive
50. Going hiking
51. Going home from work
52. Going horseback riding
53. Going hunting
54. Going on a date
55. Going on a picnic
56. Going on vacation
57. Going out to dinner
58. Going sailboating
59. Going skating
60. Going skiing
61. Going swimming
62. Going to a movie
63. Going to a party
64. Going to a spectator sport
65. Going to clubs
66. Going to museums
67. Going to plays and concerts
68. Going to the beach
69. Going to the beauty parlor
70. Going to the mountains
71. Having a political discussion
72. Having an aquarium
73. Having class reunions
74. Having discussions with friends
75. Having family get-togethers
76. Having lunch with a friend
77. Having quiet evenings
78. Hobbies
79. Jogging or walking
80. Kissing
81. Knitting
82. Laughing
83. Lighting candles
84. Listening to a stereo
85. Listening to music
86. Listening to others
87. Listening to the radio
88. Losing weight
89. Lying in the sun
90. Making a gift for someone
91. Making jigsaw puzzles
92. Making lists of tasks
93. Meditating
94. Meeting new people
95. Painting
96. Photography
97. Planning a career change
98. Planning a day's activities
99. Planning my career
100. Planning parties
101. Planning to go to school
102. Playing cards
103. Playing golf
104. Playing guitar
105. Playing musical instruments
106. Playing soccer
107. Playing softball
108. Playing tennis
109. Playing volleyball
110. Playing with animals
111. Practicing karate, judo, yoga
112. Practicing religion
113. Reading fiction
114. Reading magazines or newspapers
115. Reading nonfiction
116. Recalling past parties
117. Recycling old items
118. Refinishing furniture
119. Reflecting on how I've improved
120. Relaxing
121. Remembering beautiful scenery
122. Repairing things
123. Riding a motorbike
124. Running track
125. Saving money
126. Saying "I love you"
127. Seeing photos or slides
128. Sewing
129. Sex
130. Shooting pool
131. Sightseeing
132. Singing around the house
133. Singing with groups
134. Sitting in a sidewalk cafe
135. Sleeping
136. Soaking in the bathtub
137. Solving riddles mentally
138. Spending an evening with friends
139. Splurging
140. Staying on a diet
141. Taking a sauna or a steam bath
142. Taking ballet, tap dancing
143. Taking care of my plants
144. Taking children places
145. Talking on the phone
146. Teaching
147. Thinking "I did that pretty well"
148. Being active in the community
149. Thinking about buying things
150. Thinking about getting married
151. Thinking about having a family
152. Thinking about my good qualities
153. Thinking about my past trips
154. Thinking about pleasant events
155. Thinking about retirement
156. Thinking about sex
157. Thinking about finishing school
158. Thinking I'm a person who copes
159. Thinking I'm an OK person
160. Thinking I've done a full day work
161. Thinking religious thoughts
162. Traveling
163. Traveling to national parks
164. Walks in the woods/waterfront
165. Watching boxing, wrestling
166. Watching my children (play)
167. Watching TV
168. Wearing sexy clothes
169. White-water canoeing
170. Working
171. Working on my car (bicycle)
172. Writing books (poems, articles)
173. Writing diary entries or letters

