

## Pleasure

Pleasure involves activities that we enjoy for the sake of the activity itself. There are many different kinds of pleasure. Those that are most sustainable involve “play” such as hobbies and other recreational activities. Social activities can also involve pleasure. Other types of pleasure, such as sensory experiences (food, drink, images, touch, etc.) can also be enjoyable if done in moderation.

Below are examples of enjoyable activities that are enjoyed by many. Circle the ones that apply to you, and add others that aren’t included below.



- Enjoying own children and/or young relatives
- Enjoying close friends
- Hanging out with large groups of friends/acquaintances
- Parties, meeting new people
- Romance
- Pets
- Clubs: meeting people with similar interests
- Enjoying food and drink with others

## Hobbies, Interests, and other “play”

- Reading
- TV, movies, plays
- Dancing
- Playing or listening to music
- Board games or cards
- Arts and crafts, sewing, painting
- Cooking
- Walking, hiking, enjoying nature, fishing
- Sports (basketball, softball, swimming, etc.) or going as a spectator
- Martial arts (karate, etc.)
- Museums/zoos
- Video games
- Traveling, sightseeing, going to the beach, sunbathing



## Sensory Experiences

- Pleasant smells, images, sounds, physical touch, tastes
- Taking a bath
- Listening to soothing music
- Mindful tasting

## Social Activities

- Spending time with family
- Shopping
- Gardening/decorating
- Photography
- Comedy: TV, recordings, live
- Religion or spirituality

Other?

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## Mastery

Mastery involves activities, such as work or sports, that involve the development of skills; we are able to accomplish things and feel a sense of mastery over our environment. When enjoyed in moderation and diversified well with other activities, they can increase positive emotions and improve how we feel about ourselves.

Here are some examples of how people experience mastery to experience fulfillment in their lives. Circle the ones that apply to you and add others that aren't included below.



## Job or Meaningful Daytime Activity

Look for or attempt to develop some of these qualities in your occupation volunteer work, or other meaningful daytime activity:

- Enjoyment
- Creativity
- Feelings of competence (able to accomplish tasks satisfactorily)
- Potential for development of skills

## Increasing Skills Activities

- Sports
- Music practice and performance.
- Home improvement/building
- Woodworking
- Visual art (painting, drawing, pottery, sewing, knitting)
- Learning about interests (history, politics, food, language, culture, etc.)
- Crafting, pottery, and other creative skills



Other? \_\_\_\_\_

# Activities List: Pleasure and Mastery

Here are some examples of activities that tend to increase pleasure and mastery. You might think of more that are not listed. Circle the ones that you think could lead to enjoyment or mastery for yourself.

1. Soaking in the bathtub
2. Planning my career
3. Collecting things (coins, shells, etc.)
4. Going for a vacation
5. Recycling old items
6. Relaxing
7. Going on a date
8. Going to a movie
9. Jogging, walking
10. Listening to music
11. Saying affirmations out loud
12. Recalling past parties
13. Buying household gadgets
14. Lying in the sun
15. Planning a career change
16. Laughing
17. Thinking about my past trips
18. Listening to others
19. Reading magazines or newspapers
20. Hobbies (or try something new!)
21. Spending an evening with good friends
22. Planning a day's activities
23. Meeting new people
24. Remembering beautiful scenery
25. Saving money
26. Playing a game
27. Going to the gym, exercise
28. Eating
29. Thinking how it will be when I finish
30. Getting out of debt/paying debts
31. Practicing karate, judo, yoga
32. Thinking about retirement
33. Repairing things around the house
34. Working on my car or bicycle
35. Remembering the words and deeds of loving people
36. Wearing sexy clothes
37. Having quiet evenings
38. Taking care of my plants
39. Buying, selling stocks and crypto
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things/antiquing
44. Going to a party
45. Thinking about buying things
46. Playing golf
47. Playing soccer
48. Flying kites
49. Having discussions with friends
50. Having family get-togethers
51. Riding a motorbike
52. Sex
53. Playing pickleball
54. Going camping
55. Singing around the house
56. Arranging flowers
57. Going to church, praying (practicing religious or spiritual-based activities)
58. Losing weight
59. Going to the beach
60. Thinking I'm an OK person
61. A day with nothing to do
62. Having class reunions
63. Going ice skating, roller skating/blading, skateboarding
64. Organizing my space
65. Going somewhere new (even close by)
66. Sketching, painting
67. Blowing bubbles
68. Doing tie-dye
69. Sleeping
70. Driving
71. Entertaining
72. Going to clubs or community events
73. Thinking about getting married
74. Going bird watching
75. Singing with groups
76. Flirting
77. Playing musical instruments
78. Doing arts and crafts
79. Making a gift for someone

80. Listening to music
81. Watching boxing, wrestling
82. Planning parties
83. Cooking, baking
84. Going hiking, bushwalking
85. Writing books (poems, articles)
86. Sewing
87. Planning outfits to wear; thrifting
88. Working
89. Going out to dinner
90. Discussing books
91. Sightseeing
92. Gardening
93. Going to the beauty salon
94. Early morning coffee and newspaper
95. Playing tennis
96. Kissing
97. Watching children (play)
98. Thinking I have a lot going for me
99. Going to plays and concerts
100. Daydreaming
101. Planning to go to college or university
102. Taking a warm shower or bath
103. Listening to new music
104. Refinishing furniture or designing space
105. Watching movies
106. Making lists of tasks
107. Going bike riding
108. Walks on the riverfront/shoreline
109. Buying gifts
110. Traveling to (national) parks
111. Completing a task
112. Thinking about my achievements
113. Going to a sporting event
114. Eating warm, gooey foods
115. Exchanging texts, chatting on socials
116. Photography
117. Going fishing
118. Thinking about pleasant events
119. Planning healthy meals and snacks
120. Star gazing
121. Lay on back and gaze at clouds passing by in the sky or branches swaying
122. Reading fiction
123. Acting
124. Being alone
125. Writing diary/journal entries or letters
126. Cleaning
127. Reading non-fiction
128. Taking children places
129. Dancing
130. Going on a picnic
131. Thinking "I did that pretty well" after doing something
132. Meditating/ Mindfulness exercises
133. Playing volleyball
134. Having lunch with a friend
135. Making a gratitude list
136. Thinking about having a family
137. Thoughts about happy moments in my childhood
138. Splurging
139. Playing cards
140. Having a political discussion
141. Solving riddles mentally
142. Playing tennis
143. Seeing and/or showing photos
144. Knitting/crocheting/quilting
145. Doing crossword puzzles
146. Shooting pool/Playing billiards
147. Dressing up and looking nice
148. Reflecting on how I've improved
149. Buying things for myself
150. Talking on the phone
151. Going to museums, art galleries
152. Thinking spiritual thoughts
153. Surfing the internet
154. Lighting candles
155. Listening to the radio
156. Spending time in nature
157. Having coffee at a cafe
158. Getting/giving a massage

159. Saying "I love you"
160. Thinking about my good qualities
161. Buying books
162. Having a spa or sauna day
163. Going skiing
164. Going canoeing or white-water rafting
165. Going bowling
166. Doing woodworking
167. Fantasizing about the future
168. Doing dance classes or performances
169. Debating
170. Playing games on my device
171. Having an aquarium
172. Erotica (sex books, movies)
173. Going horseback riding
174. Going rock climbing
175. Thinking about becoming active in the community
176. Doing something new
177. Making jigsaw puzzles
178. Thinking I'm a person who can cope
179. Playing with my pets
180. Having a barbecue
181. Rearranging the furniture in my house
182. Buying new furniture
183. Going window shopping
184. Saying yes to an opportunity

# Pleasurable Activities Chart

Barrier or Goal:	Day and Time to Complete	Enjoyment Rating (1-10) How much do you think you will enjoy this activity?	Importance Rating (1-10) How important is this activity?
Pleasurable/Mastery Activity 1:			
Pleasurable/Mastery Activity 2:			
Pleasurable/Mastery Activity 3:			

\*Don't forget to give yourself **credit** for **your efforts** of attempting and/or completing!!