

PLEASANT EVENTS SCHEDULE

A list of activities that some people find enjoyable. Read through them and see if any might apply to you.

1. Being in the country
2. Wearing expensive or formal clothes
3. Making contributions to religious, charitable, or other groups
4. Talking about sports
5. Meeting someone new of the same sex
6. Taking tests when well-prepared
7. Going to a rock concert
8. Playing baseball or softball
9. Planning trips or vacations
10. Buying things for myself
11. Being at the beach
12. Doing artwork (painting, sculpture, drawing, movie-making, etc.)
13. Rock-climbing or mountaineering
14. Reading the scriptures or other sacred works
15. Playing golf
16. Taking part in military activities
17. Rearranging or decorating my room or house
18. Going to a sports event
19. Reading a "how-to-do-it" book or article
20. Going to the races (horse, car, boat, etc.)
21. Reading stories, novels, non-fiction poems, or plays
22. Going to lectures or hearing speakers
23. Driving skillfully
24. Breathing clean air
25. Thinking up or arranging a song or music
26. Saying something clearly
27. Boating (canoeing, kayaking, motor-boating, sailing, etc.)
28. Pleasing my parents
29. Restoring antiques, refinishing furniture, etc.
30. Watching TV
31. Talking to myself
32. Camping
33. Working in politics
34. Working on machines (cars, bikes, motorcycles, tractors, etc.)

35. Thinking about something good in the future
36. Playing cards
37. Completing a difficult task
38. Laughing
39. Solving a problem, puzzle, crossword, etc
40. Being at weddings, baptisms, confirmations, etc.
41. Criticizing someone
42. Shaving
43. Having lunch with friends or associates
44. Playing tennis
45. Taking a shower
46. Driving long distances
47. Woodworking or carpentry
48. Writing stories, novels, plays, or poetry
49. Being with animals
50. Riding in an airplane
51. Exploring (hiking away from known routes, spelunking, etc)
52. Having a frank and open conversation
53. Singing in a group
54. Thinking about myself or my problems
55. Working on my job
56. Going to a party
57. Going to church functions (socials, classes, bazaars, etc.)
58. Speaking a foreign language
59. Going to service, civic, or social club meetings
60. Going to a business meeting or a convention
61. Being in a sporty or expensive car
62. Playing a musical instrument
63. Making snacks
64. Snow-skiing
65. Being helped
66. Wearing informal clothes
67. Combing or brushing my hair
68. Acting
69. Taking a nap
70. Being with friends
71. Canning, freezing, making preserves, etc.
72. Solving a personal problem
73. Being in a city
74. Taking a bath
75. Singing to myself

76. Making food or crafts to sell or give away
77. Playing pool or billiards
78. Being with my grandchildren
79. Playing chess or checkers
80. Doing craftwork (pottery, jewelery, leather, beads, weaving, etc.)
81. Weighing myself
82. Scratching myself
83. Putting on makeup, fixing my hair, etc.
84. Designing or drafting
85. Visiting people who are sick, shut in, or in trouble
86. Cheering, rooting
87. Bowling
88. Being popular at a gathering
89. Watching wild animals
90. Having an original idea
91. Gardening, landscaping, or doing yardwork
92. Reading essays or technical, academic, or professional literature
93. Wearing new clothes
94. Dancing
95. Sitting in the sun
96. Riding a motorcycle
97. Just sitting and thinking
98. Seeing good things happening to my family or friends
99. Going to a fair, carnival, circus, zoo, or amusement park
100. Talking about philosophy or religion
101. Planning or organizing something
102. Drinking water, soda, juice, coffee, or tea
103. Listening to the sounds of nature
104. Dating, courting, etc.
105. Having a lively talk
106. Racing in a car, motorcycle, boat, etc.
107. Listening to the radio
108. Having friends come to visit
109. Playing in a sporting competition
110. Introducing people I think would like each other
111. Giving gifts
112. Going to school or government meetings, court sessions, etc.
113. Getting massages or backrubs
114. Getting letters, cards, or notes
115. Watching the sky, clouds, or a storm

116. Going on outings (to the park, a picnic, a barbecue, etc.)
117. Playing basketball
118. Buying something for my family
119. Photography
120. Giving a speech or lecture
121. Reading maps
122. Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.)
123. Working on my finances
124. Wearing clean clothes
125. Making a major purchase or investment (car, appliance, house, stocks, etc.)
126. Helping someone
127. Being in the mountains
128. Getting a job advancement (being promoted, given a raise, or offered a better job; getting accepted at a school, etc.)
129. Hearing jokes
130. Winning a bet
131. Talking about my children or grandchildren
132. Meeting someone new of the opposite sex
133. Going to a revival or crusade
134. Talking about my health
135. Seeing beautiful scenery
136. Eating good meals
137. Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.)
138. Being downtown
139. Wrestling or boxing
140. Hunting or shooting
141. Playing in a musical group
142. Hiking
143. Going to a museum or exhibit
144. Writing papers, essays, articles, reports, memos, etc.
145. Doing a job well
146. Having spare time
147. Fishing
148. Loaning something
149. Being noticed as sexually attractive
150. Pleasing employers, teachers, etc.
151. Counseling someone
152. Going to a health club, sauna bath, etc.

153. Having someone criticize me
154. Learning to do something new
155. Going to a "drive-in" (Dairy Queen, McDonald's, etc.)
156. Complimenting or praising someone
157. Thinking about people I like
158. Being at a fraternity or sorority
159. Being assertive
160. Being with my parents
161. Horseback riding
162. Protesting social, political, or environmental conditions
163. Talking on the telephone
164. Having daydreams
165. Kicking leaves, sand, pebbles, etc.
166. Playing lawn sports (badminton, croquet, shuffleboard, horseshoes, etc.)
167. Going to school reunions, alumni meetings, etc.
168. Seeing famous people
169. Going to the movies
170. Kissing
171. Being alone
172. Budgeting my time
173. Cooking meals
174. Being praised by people I admire
175. Outwitting a "superior"
176. Feeling the presence of the Lord in my life
177. Doing a project in my own way
178. Doing "odd jobs" around the house
179. Crying
180. Being told I'm needed
181. Being at a family reunion or get-together
182. Giving a party or get-together
183. Washing my hair
184. Coaching someone
185. Going to a restaurant
186. Seeing or smelling a flower or plant
187. Being invited out
188. Receiving honors (civic, military, etc.)
189. Using cologne, perfume, or aftershave
190. Having someone agree with me
191. Reminiscing, talking about old times
192. Getting up early in the morning

193. Having peace and quiet
194. Doing experiments or other scientific work
195. Visiting friends
196. Writing in a diary
197. Playing football
198. Being counseled
199. Saying prayers
200. Giving massages or backrubs
201. Hitchhiking
202. Meditating or doing yoga
203. Seeing a fight
204. Doing favors for people
205. Talking with people on the job or in class
206. Being relaxed
207. Being asked for my help or advice
208. Thinking about other people' s problems
219. Playing board games (Monopoly, Scrabble, etc.)
210. Sleeping soundly at night
211. Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.)
212. Reading the newspaper
213. Snowmobiling or dune-buggy riding
214. Being in a body-awareness, sensitivity, encounter, therapy, or "rap" group
215. Dreaming at night
216. Playing ping-pong
217. Brushing my teeth
218. Swimming
219. Running, jogging, or doing gymnastics, fitness, or field exercises
220. Walking barefoot
221. Playing Frisbee or catch
222. Doing housework or laundry; cleaning things
223. Being with my roommate
224. Listening to music
225. Arguing
226. Knitting, crocheting, embroidery, or fancy needle work
227. Petting, necking
228. Amusing people
229. Talking about sex
230. Going to a barber or beautician

231. Having houseguests
232. Being with someone I love
233. Reading magazines
234. Sleeping late
235. Starting a new project
236. Being stubborn
237. Having sexual relations
238. Having other sexual satisfactions
239. Going to the library
240. Playing soccer, rugby, hockey, lacrosse, etc.
241. Preparing a new or special food
242. Birdwatching
243. Shopping
244. Watching people
245. Building or watching a fire
246. Winning an argument
247. Selling or trading something
248. Finishing a project or task
240. Confessing or apologizing
250. Repairing things
251. Working with others as a team
252. Bicycling
253. Telling people what to do
254. Being with happy people
255. Playing party games
256. Writing letters, cards, or notes
257. Talking about politics or public affairs
258. Asking for help or advice
259. Going to banquets, luncheons, potlucks, etc.
260. Talking about my hobby or special interest
261. Watching attractive women or men
262. Smiling at people
263. Playing in sand, a stream, the grass, etc.
264. Talking about other people
265. Being with my husband or wife
266. Having people show interest in what I have said
267. Going on field trips, nature walks, etc.
268. Expressing my love to someone
269. Caring for houseplants
270. Having coffee, tea, a coke, etc., with friends
271. Taking a walk

272. Collecting things
273. Playing handball, paddleball, squash, etc.
274. Sewing
275. Suffering for a good cause
276. Remembering a departed friend or loved one, visiting the cemetery
277. Doing things with children
278. Beachcombing
279. Being complimented or told I have done well
280. Being told I am loved
281. Eating snacks
282. Staying up late
283. Having family members or friends do something that makes me proud of them
284. Being with my children
285. Going to auctions, garage sales, etc.
286. Thinking about an interesting question
287. Doing volunteer work, working on community service projects
288. Water skiing, surfing, scuba diving
289. Receiving money
290. Defending or protecting someone; stopping fraud or abuse
291. Hearing a good sermon
292. Winning a competition
293. Making a new friend
294. Talking about my job or school
295. Reading cartoons, comic strips, or comic books
296. Borrowing something
297. Traveling with a group
298. Seeing old friends
299. Teaching someone
300. Using my strength
301. Traveling
302. Going to office parties or departmental get-togethers
303. Attending concert, opera, or ballet
304. Playing with pets
305. Going to a play
306. Looking at the stars or moon
307. Being coached