**HOW OFTEN HAVE THESE EVENTS HAPPENED IN YOUR LIFE IN THE PAST MONTH?**

The following is a list of possible events that could give people pleasure. This list has been modified from the Pleasurable Events Inventory. While classified as 1 of the 5 ways, some are relevant to 2 or more of the 5 ways. Stuck for an idea on what to do for your wellbeing – try one or more of these activities.

**Pleasant Events/Activities**

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  | Being in the country  | Aware |
|  | Wearing expensive or formal clothes | Aware |
|  | Making contributions to religious, charitable or other groups | Aware |
|  | Talking about sports | Connect |
| 5. | Meeting someone new of the same sex  | Connect |
|  | Going to a rock concert | Active |
|  | Playing baseball or softball | Active |
|  | Planning holidays  | Active |
|  | Buying things for myself | Active |
|  | Being at the beach | Active |
|  | Doing artwork (painting, sculpture, drawing, movie-making, etc) | Active |
|  | Rock climbing or mountaineering | Active |
|  | Reading the Scripture or other sacred works | Learn |
|  | Playing golf | Active |
|  | Taking part in military actions | Active |
|  | Rearranging or redecorating my room or house | Active |
|  | Going naked | Active |
|  | Going to a sports event | Active |
|  | Reading a “How to Do It” book or article | Learn |
|  | Reading stories, novels, non-fiction poems, or plays \* | Learn |
|  | Going to a bar, tavern, club, etc | Connect |
|  | Going to lectures or hearing speakers | Learn |
|  | Breathing clean air  | Aware |
|  | Thinking up or arranging a song or music | Learn |
|  | Saying something clearly  | Aware |
|  | Boating (canoeing, kayaking, motor-boating, sailing, etc) | Active |
|  | Pleasing my parents | Connect |
|  | Restoring antiques, refurnishing furniture, etc | Active |
|  | Talking to myself | Aware |
|  | Camping | Active |
|  | Working on machines (cars, bikes, motorcycles, tractors, etc) | Active |
|  | Thinking about something good in the future | Aware |
|  | Playing cards | Active |
|  | Completing a difficult task | Learn |
|  | Laughing  | Aware |
|  | Solving a problem, puzzle, crossword, etc | Active |
|  | Being at weddings, baptisms, confirmations, etc | Connect |
|  | Having lunch with friends or associates | Connect |
|  | Playing tennis | Active |
|  | Taking a shower | Aware |
|  | Driving long distances | Active |
|  | Woodworking, carpentry | Learn |
|  | Writing stories, novels, plays or poetry | Learn |
|  | Being with animals | Aware |
|  | Exploring (hiking away from known routes, caving, etc) | Aware |
|  | Having a frank and open conversation  | Connect |
|  | Singing in a group | Active |
|  | Thinking about myself or my problems | Aware |
|  | Working on my job | Active |
|  | Going to a party  | Connect |
|  | Going to church functions (socials, classes, bazaars) | Connect |
|  | Speaking a foreign language | Learn |
|  | Going to service, civic or social club meetings | Connect |
|  | Going to a business meeting or a convention | Learn |
|  | Being in a sporty or expensive car | Aware |
|  | Playing a musical instrument | Learn |
|  | Making snacks | Active |
|  | Snow skiing | Active |
|  | Being helped | Connect |
|  | Acting | Active |
|  | Being with friends  | Connect |
|  | Canning, freezing, making preserves | Active |
|  | Solving a personal problem | Aware |
|  | Being in a city | Aware |
|  | Taking a bath | Aware |
|  | Making food or crafts to sell or give away | Active |
|  | Playing pool or billiards | Active |
|  | Being with my grandchildren | Connect |
|  | Playing chess or checkers | Active |
|  | Doing craft work (pottery, jewellery, leather, beads, weaving) | Active |
|  | Weighing myself | Aware |
|  | Designing or drafting | Active |
|  | Visiting people who are sick, shut in, or in trouble | Help |
|  | Cheering, supporting my team | Help |
|  | Bowling | Active |
|  | Watching wild animals  | Aware |
|  | Gardening, landscaping, or doing yard work | Active |
|  | Reading essays or technical, academic, or professional literature | Learn |
|  | Dancing | Active |
|  | Sitting in the sun  | Aware |
|  | Riding a motorcycle | Active |
|  | Just standing and thinking | Aware |
|  | Seeing good things happen to my family or friends  | Connect |
|  | Going to a fair, carnival, circus, zoo, or amusement park | Active  |
|  | Talking about philosophy or religion | Aware |
|  | Planning or organising something | Active |
|  | Listening to the sounds of nature | Aware |
|  | Having a lively talk  | Connect |
|  | Racing in a car, motorcycle, boat,  | Active |
|  | Listening to the radio | Aware |
|  | Having friends come to visit  | Connect |
|  | Playing in a sporting competition | Active |
|  | Introducing people I think would like each other | Connect |
|  | Giving gifts | Connect |
|  | Getting massages or backrubs | Help |
|  | Watching the sky, clouds, or a storm | Aware |
|  | Going on outings (to the park, a picnic, barbecue) | Active |
|  | Playing basketball | Active |
|  | Buying something for my family | Connect |
|  | Photography | Aware |
|  | Giving a speech or lecture | Help |
|  | Reading maps | Learn |
|  | Gathering natural objects (wild foods or fruit, rocks, driftwood, ) | Active |
|  | Working on my finances | Active |
|  | Helping someone | Help |
|  | Being in the mountains | Aware |
|  | Hearing jokes | Connect |
|  | Talking about my children or grand children | Connect |
|  | Meeting someone of the opposite sex | Connect |
|  | Going to a revival or crusade | Connect |
|  | Talking about my health | Aware |
|  | Seeing beautiful scenery  | Aware |
|  | Eating good meals  | Aware |
|  | Being downtown | Aware |
|  | Wrestling or boxing | Active |
|  | Playing in a musical group | Active |
|  | Hiking | Active |
|  | Going to a museum or exhibit | Active |
|  | Writing papers, essays, articles, reports, memos | Active |
|  | Fishing | Active |
|  | Loaning something | Help |
|  | Pleasing employers, teachers,  | Help |
|  | Counselling someone | Help |
|  | Going to a health club, sauna bath,  | Connect |
|  | Having someone criticize me | Aware |
|  | Learning to do something new | Learn |
|  | Complimenting or praising someone | Help |
|  | Being with my parents | Connect |
|  | Horseback riding | Active |
|  | Protesting social, political, or environmental conditions | Active |
|  | Taking on the telephone | Connect |
|  | Having daydreams | Aware |
|  | Kicking leaves, sand, pebbles,  | Aware |
|  | Playing lawn sports (badminton, croquet, shuffleboard, | Active |
|  | Going to school reunions, alumni meetings  | Connect |
|  | Going to the movies | Active |
|  | Being alone | Aware |
|  | Budgeting my time | Aware |
|  | Cooking meals | Active |
|  | Being praised by people I admire | Aware |
|  | Feeling the presence of the Lord in my life  | Aware |
|  | Doing “odd jobs” around the house | Active |
|  | Being told I am needed | Connect |
|  | Being at a family reunion or get-together | Connect |
|  | Giving a party or get-together | Help |
|  | Coaching someone | Help |
|  | Going to a restaurant | Active |
|  | Seeing or smelling a flower | Aware |
|  | Being invited out | Connect |
|  | Using cologne perfume, or aftershave | Aware |
|  | Having someone agree with me | Connect |
|  | Reminiscing, talking about old times | Aware |
|  | Getting up early in the morning | Active |
|  | Doing experiments or other scientific work | Learn |
|  | Visiting friends | Connect |
|  | Writing in a diary | Aware |
|  | Playing football | Active |
|  | Being counselled | Aware |
|  | Saying prayers | Aware |
|  | Giving massages or backrubs | Help |
|  | Hitchhiking | Active |
|  | Meditating or doing yoga | Aware |
|  | Doing favours for people | Help |
|  | Talking with people on the job or in class | Connect |
|  | Being asked for my help or advice | Help |
|  | Thinking about other people’s problems | Help |
|  | Playing board games (Monopoly, Scrabble, etc) | Active |
|  | Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc) | Active |
|  | Reading the newspaper | Active |
|  | Being in a body-awareness, sensitivity, encounter, therapy, or “rap” group | Aware |
|  | Dreaming at night | Aware |
|  | Playing ping-pong | Active |
|  | Brushing my teeth | Aware |
|  | Swimming | Active |
|  | Running, jogging, or doing gymnastics, fitness, or field exercises | Active |
|  | Walking barefoot | Active |
|  | Playing Frisbee or catch | Active |
|  | Doing housework or laundry, cleaning things | Active |
|  | Being with my room mate | Connect |
|  | Listening to music | Active |
|  | Arguing | Connect |
|  | Knitting, crocheting embroidery, or fancy needlework | Active |
|  | Amusing people | Connect |
|  | Having house guests | Connect |
|  | Being with someone I love | Connect |
|  | Reading magazines | Active |
|  | Sleeping late | Active |
|  | Starting a new project | Learn |
|  | Going to the library | Active |
|  | Playing soccer, rugby, hockey, lacrosse | Active |
|  | Preparing a new or special food | Learn |
|  | Bird-watching | Active |
|  | Shopping | Active |
|  | Building or watching a fire | Aware |
|  | Winning an argument | Connect |
|  | Selling or trading something | Active |
|  | Finishing a project or task | Active |
|  | Confessing or apologising | Connect |
|  | Repairing things | Active |
|  | Working with others as a team | Connect |
|  | Bicycling | Active |
|  | Being with happy people  | Connect |
|  | Playing party games | Connect |
|  | Writing letters, cards, or notes | Active |
|  | Talking about politics or public affairs | Connect |
|  | Asking for help or advice | Connect |
|  | Going to banquets, luncheons, potlucks,  | Connect |
|  | Talking about my hobby or special interest | Connect |
|  | Watching attractive women or men | Connect |
|  | Sex |  |
|  | Smiling at people  | Connect |
|  | Playing in sand, a stream, the grass  | Active |
|  | Talking about other people | Connect |
|  | Being with my husband or wife | Connect |
|  | Having people show interest in what I have said | Connect |
|  | Going on field trips, nature walk  | Active |
|  | Expressing my love to someone  | Connect |
|  | Caring for houseplants | Aware |
|  | Having coffee, tea, a coke, etc with friends  | Connect |
|  | Taking a walk | Active |
|  | Collecting things | Active |
|  | Playing handball, paddleball, squash | Active |
|  | Sewing | Active |
|  | Remembering a departed friend or loved one, visiting the cemetery | Aware |
|  | Doing things with children | Connect |
|  | Beachcombing | Active |
|  | Being complimented or told I have done well  | Connect |
|  | Being told I am loved  | Connect |
|  | Having family members or friends do something that makes me proud of them | Connect |
|  | Being with my children | Connect |
|  | Going to auctions, garage sales,  | Active |
|  | Thinking about an interesting question | Learn |
|  | Doing volunteer work, working on community service projects | Help |
|  | Water skiing, surfing, scuba diving, | Active |
|  | Defending or protecting someone, stopping fraud or abuse | Help |
|  | Hearing a good sermon | Connect |
|  | Making a new friend | Connect |
|  | Talking about my job or school | Connect |
|  | Reading cartoons, comic strips, or comic books | Active |
|  | Borrowing something | Connect |
|  | Travelling with a group | Connect |
|  | Seeing old friends  | Connect |
|  | Teaching someone | Help |
|  | Using my strength | Help |
|  | Travelling | Active |
|  | Going to office parties or departmental get-togethers | Connect |
|  | Attending a concert, opera or ballet | Connect |
|  | Playing with pets | Connect |
|  | Going to a play | Connect |
|  | Looking at the stars or moon | Aware |
|  | Being coached | Learn  |