



ENJOYABLE ACTIVITIES CHECKLIST

Mark an X in the box next to any of the activities you think you would enjoy doing.



SMART
Family & Friends

SOCIAL

- Visit a friend
- Call a friend
- Go out for a coffee
- Have a meal out
- Invite friends for dinner
- Ask for a hug
- Spend time with family
- Have a dinner party
- Join a social club

PAMPERING

- Buy something nice for yourself
- Dress up in something nice
- Relax in a warm bath
- Have a massage
- Have a facial or a pedicure
- Watch a movie
- Go to the hairdresser
- Prepare your favorite meal
- Take a nap

RECREATIONAL

- Go for a walk
- Listen to music
- Read a novel
- Go to a movie
- Go for a jog
- Do some gardening
- Go swimming
- Play a sport
- Relax in a sauna or a spa
- Watch a sports event
- Take up dance classes
- Visit a place of interest
- Go to the beach or the countryside
- Plan a holiday
- Sit in the sun and relax
- Go fishing
- Play a board game
- Do a crossword or other puzzle

CREATIVE

- Write a poem
- Paint or draw a picture
- Cook a meal or bake something
- Redecorate a room
- Learn a musical instrument
- Sew or knit

EDUCATIONAL

- Visit the library
- Visit a museum/art gallery
- Enroll in a course
- Start a new hobby
- Read a non-fiction book
- Learn a foreign language

OTHER IDEAS?

- _____
- _____
- _____

