

# Measurable Activities catalogue

The following is a list of activities that might be pleasurable for you. Feel free to add your own pleasurable activities to the list.

1. Soaking in the bathtub
2. Planning my career
3. Collecting things (coins, shells, etc.)
4. Going for a holiday
5. Recycling old items
6. Relaxing
7. Going on a date
8. Going to a movie
9. Jogging, walking
10. Listening to music
11. Thinking I have done a full day's work
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 (stamp collecting, model building, etc.)
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. Card and board games
27. Going to the gym, doing aerobics
28. Eating
29. Thinking how it will be when I finish school
30. Getting out of debt/paying debts
31. Practising karate, judo, yoga
32. Thinking about retirement
33. Repairing things around the house
34. Working on my car (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 shares
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things
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 squash
54. Going camping
55. Singing around the house
56. Arranging flowers
57. Going to church, praying (practising religion)
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
64. Going sailing
65. Travelling abroad, interstate or within the state
66. Sketching, painting
67. Doing something spontaneously
68. Doing embroidery, cross stitching
69. Sleeping
70. Driving
71. Entertaining
72. Going to clubs (garden, sewing, etc.)
73. Thinking about getting married
74. Going birdwatching
75. Singing with groups
76. Flirting
77. Playing musical instruments
78. Doing arts and crafts
79. Making a gift for someone
80. Buying CDs, tapes, records
81. Watching boxing, wrestling
82. Planning parties
83. Cooking, baking
84. Going hiking, bush walking
85. Writing books (poems, articles)
86. Sewing
87. Buying clothes
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 my children (play)
98. Thinking I have a lot more going for me than most people
99. Going to plays and concerts
100. Daydreaming
101. Planning to go to school
102. Thinking about sex
103. Going for a drive
104. Listening to a stereo
105. Refinishing furniture
106. Watching TV, videos
107. Making lists of tasks
108. Going bike riding
109. Walks on the riverfront/foreshore

- 110. Buying gifts
- 111. Travelling to national parks
- 112. Completing a task
- 113. Thinking about my achievements
- 114. Going to a footy game (or rugby, soccer, basketball, etc.)
- 115. Eating gooey, fattening foods
- 116. Exchanging emails, chatting on the internet
- 117. Photography
- 118. Going fishing
- 119. Thinking about pleasant events
- 120. Staying on a diet
- 121. Star gazing
- 122. Flying a plane
- 123. Reading fiction
- 124. Acting
- 125. Being alone
- 126. Writing diary/journal entries or letters
- 127. Cleaning
- 128. Reading non-fiction
- 129. Taking children places
- 130. Dancing
- 131. Going on a picnic
- 132. Thinking "I did that pretty well" after doing something
- 133. Meditating
- 134. Playing volleyball
- 135. Having lunch with a friend
- 136. Going to the hills
- 137. Thinking about having a family
- 138. Thoughts about happy moments in my childhood
- 139. Splurging
- 140. Playing cards
- 141. Solving riddles mentally
- 142. Having a political discussion
- 143. Playing cricket
- 144. Seeing and/or showing photos or slides
- 145. Knitting/crocheting/quilting
- 146. Doing crossword puzzles
- 147. Shooting pool/Playing billiards
- 148. Dressing up and looking nice
- 149. Reflecting on how I've improved
- 150. Buying things for myself
- 151. Talking on the phone
- 152. Going to museums, art galleries
- 153. Thinking religious thoughts
- 154. Surfing the internet
- 155. Lighting candles
- 156. Listening to the radio
- 157. Going crabbing
- 158. Having coffee at a cafe
- 159. Listening to the radio
- 160. Getting/giving a massage
- 161. Saying "I love you"
- 162. Thinking about my good qualities
- 163. Buying books
- 164. Taking a sauna or a steam bath
- 165. Going skiing
- 166. Going canoeing or white-water rafting
- 167. Going bowling
- 168. Doing woodworking
- 169. Fantasising about the future
- 170. Doing ballet, jazz/tap dancing
- 171. Debating
- 172. Playing computer games
- 173. Having an aquarium
- 174. Erotica (sex books, movies)
- 175. Going horseback riding
- 176. Going rock climbing
- 177. Thinking about becoming active in the community
- 178. Doing something new
- 179. Making jigsaw puzzles
- 180. Thinking I'm a person who can cope
- 181. Playing with my pets
- 182. Having a barbecue
- 183. Rearranging the furniture in my house
- 184. Buying new furniture
- 185. Going window shopping

Others:

---



---



---



---



---