A list of pleasant activities

* Go to the movies.
* Book in to see a play or production.
* Go to the ocean, a river, or a lake.
* Go for a walk, run, swim, or bicycle ride.
* Take a walk in a nearby park.
* Read a short story.
* Pick up a pencil and paper and draw something.
* Visit a fresh food or flower market.
* Try a new recipe.
* Choose a gift card for a special friend.
* Go outside and look up at the stars or the clouds.
* Wander in a book shop, antiques, or fishing & camping store.
* Take a trip on bus, train, or ferry.
* Take yourself out to lunch.
* Visit a library.
* Listen to some music, or go and see a live music event.
* Do the washing up.
* Contact a friend.
* Take a dog for a walk or play with some animals.
* Cook a favourite meal or snack.
* Re-organise your files, cupboards, living space or shed.
* Do a puzzle or brain-teaser.
* Plan a trip or short break.
* Watch your favourite TV program or movie.
* Do some exercise.
* Go bowling, golfing or fishing.
* Sit and watch the sunrise or sunset.
* Lie in the shade for a while.
* Plan a career change.
* Re-engage in an old favourite hobby.
* Start a new hobby: Stamp or coin collecting, model building, painting, woodworking.
* Recycle or donate some old items you don’t use anymore.
* Plan an evening or barbeque with some old friends.
* Think about your retirement, or what finishing your studies will be like.
* Tick a couple of small items off your “to do list.”
* Clean or work on your car or bike.
* Repair some things around the house.
* Do some gardening, or water and fertilise the plants.
* Buy or sell some stocks or shares.
* Fly a kite.
* Go camping.
* Sing.
* Book in a day specifically for doing nothing.
* Go sailing, kayaking or canoeing.
* Try doodling or sketching whatever comes to mind.
* Go for a drive (or ride) in the country.
* Look up what social clubs are nearby.
* Go bird-watching.
* Play (or learn) a musical instrument.
* Make a playlist or mix-tape that means something to you.
* Go to a barber for a hair cut and shave.
* Go for a bushwalk or hike.
* Do some writing – journal, think-piece, article, story, poem.
* Book in to the physio or massage therapist.
* Go to a sports game.
* Send someone an e-mail.
* Do some photography.
* Spend some time with the kids (either yours or those close to you).
* Go on a picnic.
* Meditate.
* Look up a suitable way to get active in your community.
* Play a game on your phone or computer.
* Take a look at an old photo album or journal.
* Shoot some pool.
* Find a local men’s shed or other community group.
* Go to a local museum or art gallery.
* Start an aquarium, garden, worm farm or compost.
* Go to a martial arts class.
* Re-arrange the furniture in your house.
* Go rock climbing, or some other activity you’ve always wanted to try.

**Try to mix life up a little, book in something pleasant to do every few days.**