

Nature and Sensory	Creative and Art	Movement and Sport	Intellectual	Games, Tech, and Entertainment	Social and Spiritual
Garden	Play a Musical Instrument	Yoga	Listen to a Lecture	Board Games	Help Someone
Cook	Make a Podcast	Exercise Classes	Meditate	Netflix and Hulu and Youtube and Other Streaming Services	Watch Children Play
Listen to Music	Write Music or a Song	Bicycle	Enroll in a Class	Play Cards	Visit a Friend
Walk in Nature	Indulge in Pleasant Imaginations or Fantasies	Run	Solve a Brainteaser	Trivia Games	Telephone a Friend
Watch Sunset or Sunrise	Sing a Song	Dance	Go to Library, In-Person or Online	Video Games	Write Letter to Loved One
Massage or Self-Massage	Make Art	Fish	Study Arts and Sciences	Jigsaw Puzzle	Participate in Religious Service
Walk to New Place	Draw/Paint	Tai Chi	Have a Pleasant Daydream	Cross-Word Puzzle	Pray
Watch the Clouds	Photograph	Stretch	Contemplate Career Path	Play Game of Pool	Give or Receive a Massage
Go Hiking	Wash, Color, Fix Hair	Interval Training	Start New Collection	Play a Word Game	Kiss Someone You Love
Prepare a Healthy Meal	Design an Outfit	Play Catch	Educate Yourself in Some Aspect	Play Games on Your Phone	Go on a Date

			of Your Profession		
Sunbathe	Learn a New Craft	Golf	Plan a Trip	Play a Lawn Game	Participate in Exercise Class
Sensual Touch	Make or Edit a Video or Film	Horseback Riding	Participate in a Discussion Group	Online Games	Volunteer
Take a Bath or Shower	Put on Make Up	Swimming	Fantasize	Pictionary	Participate in a Book Club
Arrange Flowers	Write Short Stories	Rock Climbing	Write in a Journal	Webpage Design	Participate In a Discussion Group
Put Lotion On	Bake	Walk Around City or Town	Do Crossword Puzzle	Poker	Go to Beauty Salon
Pet or Play with An Animal	Sculpt	Interpretive or Silly Movement	Study Schoolwork	Take a Car Ride	Go to Coffee Shop
Smell and Taste Tea, Hot Chocolate, or Coffee.	Make a Collage	Boating	Read Magazines or Newspapers	Build a Model	Read Spiritual Texts
Eat Something Sweet	Write a Poem	Play Frisbee	Figure Out How Something Works	Use a Tool to Fix Something Broken	Sing in a Choir
Picnic	Re-Decorate or Re-Design Your Home	Martial Arts	Study History	Make a Video	Do Activity with Children
Listen to the Rain	Arrange Collectibles	Fly a Kite	Watch a TED Talk	Listen to Relaxation Audio	Community Service

Birdwatch	Collaborate with Friends on a Creative Project	Tennis	Organize Something	Audio Books	Invite a Friend to Visit
Make a Fire in a Fire Pit	Blog	Walk in The Rain	Manage Your Finances	Make a Fire	Attend an Auction
Eat Ice Cream	Write in a Journal	Hula-hoop	Invent Something	Woodwork	Give to a Charity
Look at Night's Sky	Color	Go on Swings	Prepare for a Holiday	Look at Stars Through Telescope	Participate in a Political Group
Intentionally Experience Your Five Senses	Frame and Hang Photographs	Walk Your Dog or Cat	Read Through Wikipedia	Work on Your Car	Participate in a Support Group
Go to the Mountains	Sew	Play Baseball	Watch a Documentary	Edit Video	Have a Pen Pal
Smell and Study Wild-Flowers	Create a Zen Garden	Play Volleyball	Research Subjects of Interest	Make a You Tube Instructional Video	Have a Talk
Look at Architecture	Knit	Play Soccer	Make a Daily Gratitude List	Light a Candle	Hug Someone
Walk on the Grass Barefoot	Dance	Play Basketball	Learn a New Language	Learn a New Technology Program or Device	Throw a Dinner Party
Do Yardwork	Woodworking	Skateboard	Build Your Vocabulary	Refinish a Piece of Furniture	Buy or Make Someone a Present
Play with Kinetic Sand	Zentangle or Calligraphy	Skip	Read Academic Journals	Reality TV	Have a Cookout

Essential Oils	Scrapbook	Pilates	Participate in Professional Trainings	Computer Programming	Explore Social Media
Observe Animals in the Wild	Make a Music Playlist	Mow the Lawn	Read and Interpret Literature	Watch Comedy Standup	Mentor Someone
Sit on the Porch and Watch the World	Paint Your Nails	Lift Weights	Play Trivia	Use Apps like Calm App or Headspace	Social Skills Training
Sleep on Clean Sheets	Landscape Your Yard	Jump Rope	Do an Experiment	Facetime or Zoom	Visit a Relative
Forest Bathe	Prepare a Lovely Table	4-Square	Play Chess	Watch a Movie	Talk Politics
Meditate in Nature or Mindful Walking	Look at Beautiful Pictures	Tag	Sudoku	Facebook, Instagram or Other Social Media	Listen to Someone
Rest in a Hammock	Model for Photos	Gymnastics	Learn a New Trade	Share Memes with Friends	Share a Good Laugh
Touch Pleasant Textures like a Soft Blanket	Build Furniture	Play Keep Away with a Ball	Play Strategy Games	Text Message	Practice Compassion