

Pleasant Event Ideas

- Listen to music
- Window shop
- Read
- Do crafts
- Rent a video
- Go for a car ride
- Enjoy flowers
- Take a nap
- Listen to the radio
- Have friends over
- Be with your family
- Take a walk
- Buy something for yourself
- Write letters, cards
- Exercise
- Go to the movies/a museum
- Have a picnic in the park
- Garden
- Look at the moon and stars
- Watch favorite TV show
- Cook your favorite foods
- Go out to eat with a friend

My List of Pleasant Events

Choose pleasant events that you can do on a regular basis.

Create a list of possible activities and write them down on the list below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Pleasant Event to Do This Week

Pleasant event for **me** this week is: _____

1. I need the following materials: _____
(chosen pleasant event)

2. _____ will take place at the following location: _____
(chosen pleasant event)

3. When and how often can _____ be done? _____
(chosen pleasant event)

4. How much time will _____ take? _____
(chosen pleasant event)

5. The steps I need to take in order to complete _____ are:
(chosen pleasant event)

a. _____

b. _____

c. _____

d. _____

I will do my Pleasant Event on the following day(s) and time(s):

Day	Time	(circle)
Monday	_____	am pm
Tuesday	_____	am pm
Wednesday	_____	am pm
Thursday	_____	am pm
Friday	_____	am pm
Saturday	_____	am pm
Sunday	_____	am pm