

## Top 10 Pleasant Events List

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

List 10 small, pleasant activities you like to do. Make sure that the activities are realistic, “do-able” things such as taking a short walk, talking with a friend, sitting alone quietly, holding hands with a loved one, or watching a favorite television program.

Include activities that you do not already do often. Rank the items, placing the one that is most important to you at the top of the list.