

Think about possible activity ideas. Don't rule anything out. If you can't do something now, you might be able to in the future. No activity is too small.

## Pleasure



## Exercise



## Achievement



## Social



If you're struggling to think of ideas, that's ok. Think about things you used to do, currently do, or could possibly do. Think about your bucket list! Here are some ideas to get you started off...

## Pleasure

Read a book / magazine  
Take a bath / shower  
Mindful colouring / drawing  
Listen to music / radio  
Find a new podcast  
Go shopping  
Sewing / knitting  
Journaling  
Mindfulness  
Do something fun  
Cook or bake  
Be creative  
Connect with nature  
Have a lay in

## Exercise

Walk  
Jog  
Walk the dog  
Yoga  
Exercise class  
Team sports  
Cycle  
Swimming  
Move away from your desk  
Walk to work / school  
Dance  
Go to the gym  
Lift weights  
Stretches

## Achievement

Tidy a room  
Washing up  
Take cups back to the kitchen  
Reorder a drawer / cupboard  
Fix something  
DIY  
Gardening  
Learn a language  
Try something new  
Eat a meal  
Drink some water  
Plan your week  
Tick something off your to-do list

## Social

Go out for a meal  
Go to the cinema  
Text a friend  
Visit family  
Go to a club  
Meet new people  
Contact an old friend  
Invite someone over  
Go into the office  
Play a board game  
Play a computer game  
Go on a date  
Connect with others on social media