

ADULT PLEASANT

EVENT SCHEDULE

A LIST OF THINGS TO

CHANGE YOOUR MOOD

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|--|--|--|--|
| 1. Soaking in the bathtub | 26. Remembering beautiful scenery | 53. Running a track | 79. Making a gift for someone |
| 2. Planning my career | 27. Saving money | 54. Going camping | 80. Buying records |
| 3. Getting out of (paying on) debt | 28. Gambling | 55. Singing around the house | 81. Watching boxing, wrestling |
| 4. Collecting things (coins, shells) | 29. Going home from work | 56. Arranging flowers | 82. Planning parties |
| 5. Going on vacation | 30. Eating | 57. Practicing religion (going to church, group praying, etc.) | 83. Cooking |
| 6. Thinking about finishing school | 31. Practicing karate, judo, yoga | 58. Losing weight | 84. Going hiking |
| 7. Recycling old items | 32. Thinking about retirement | 59. Going to the beach | 85. Writing books (poems, articles) |
| 8. Going on a date | 33. Repairing things around the house | 60. Thinking I'm an OK person | 86. Sewing |
| 9. Relaxing | 34. Working on my car (bicycle) | 61. A day with nothing to do | 87. Buying clothes |
| 10. Going to a movie during the week | 35. Remembering the words and deeds of loving people | 62. Having class reunions | 88. Going out to dinner |
| 11. Jogging, walking | 36. Wearing sexy clothes | 63. Going skating | 89. Working |
| 12. Reflecting positively on my full day's work | 37. Having quiet evenings | 64. Going sail boating | 90. Discussing books |
| 13. Listening to music | 38. Taking care of my plants | 65. Traveling abroad or in the United States | 91. Sightseeing |
| 14. Recalling past parties | 39. Buying, selling stock | 66. Painting | 92. Gardening |
| 15. Buying household gadgets | 40. Going swimming | 67. Doing something spontaneously | 93. Going to the beauty parlor |
| 16. Lying in the sun | 41. Doodling | 68. Doing needlepoint, crewel, etc. | 94. Early morning coffee and newspaper |
| 17. Planning a career change | 42. Exercising | 69. Sleeping | 95. Playing tennis |
| 18. Laughing | 43. Collecting old things | 70. Driving | 96. Kissing |
| 19. Thinking about my past trips | 44. Going to a party | 71. Entertaining | 97. Watching my children (play) |
| 20. Listening to others | 45. Thinking about buying things | 72. Going to clubs (garden, Parents without Partners, etc.) | 98. Thinking I have a lot more going for me than most people |
| 21. Reading magazines or newspapers | 46. Playing golf | 73. Thinking about getting married | 99. Going to plays and concerts |
| 22. Hobbies (stamp collecting, model building, etc.) | 47. Playing soccer | 74. Going hunting | 100. Daydreaming |
| 23. Spending an evening with good friends | 48. Flying kites | 75. Singing with groups | 101. Planning to go to school |
| 24. Planning a day's activities | 49. Having discussions with friends | 76. Flirting | 102. Thinking about sex |
| 25. Meeting new people | 50. Having family get-togethers | 77. Playing musical instruments | 103. Going for a drive |
| | 51. Riding a motorbike | 78. Doing arts and crafts | 104. Listening to a stereo |
| | 52. Sex | | 105. Refinishing furniture |
| | | | 106. Watching TV |

107. Making lists of tasks
108. Going bike riding
109. Walks in the woods (or at the waterfront)
110. Buying gifts
111. Traveling to national parks
112. Completing a task
113. Collecting shells
114. Going to a spectator sport (auto racing, horse racing)
115. Eating gooey, fattening foods
116. Teaching
117. Photography
118. Going fishing
119. Thinking about pleasant events
120. Staying on a diet
121. Playing with animals
122. Flying a plane
123. Reading fiction
124. Acting
125. Being alone
126. Writing diary entries or letters
127. Cleaning
128. Reading nonfiction
129. Taking children places
130. Dancing
131. Going on a picnic
132. Thinking "I did that pretty well" after doing something
133. Meditating
134. Playing volleyball
135. Having lunch with a

- friend
136. Going to the mountains
137. Thinking about having a family
138. Thoughts about happy moments in my childhood
139. Splurging
140. Playing cards
141. Solving riddles mentally
142. Having a political discussion
143. Playing softball
144. Seeing and/or showing photos or slides
145. Playing guitar
146. Knitting
147. Doing crossword puzzles
148. Shooting pool
149. Dressing up and looking nice
150. Reflecting on how I've improved
151. Buying things for myself (perfume, golf balls, etc.)
152. Talking on the phone
153. Going to museums
154. Thinking religious thoughts
155. Lighting candles
156. Listening to the radio
157. Getting a massage
158. Saying "I love you"
159. Thinking about my good qualities

160. Buying books
161. Taking a sauna or a steam bath
162. Going skiing
163. White-water canoeing
164. Going bowling
165. Doing woodworking
166. Fantasizing about the future
167. Taking ballet, tap dancing
168. Debating
169. Sitting in a sidewalk café
170. Having an aquarium
171. Erotica (sex books, movies)
172. Going horseback riding
173. Thinking about becoming active in the community
174. Doing something new
175. Making jigsaw puzzles
176. Thinking I'm a person who can cope

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