

## Pleasure and Mastery List

Instructions: List as many pleasurable and mastery-oriented activities as you can think of. Be sure to include short activities as well as longer-term projects. You can refer to the sample worksheet in Part 8 for examples. Print out as many pages as you need.

### Pleasurable Activities

Going to the horse track  
Browsing a topic of interest on the web  
Looking through an art book or website  
Looking for deals on Craigslist  
Playing cards  
Meeting up with an old friend  
Playing video games  
Texting a friend  
Hiking  
Messaging people on a dating app  
Playing tennis  
Shopping at a flea market  
Going out for coffee  
Taking a bubble bath  
Sudoku  
Watching a little league game  
Reading a Sci Fi novel  
Plan a vacation without going on it  
Singing along with my favorite playlist  
Put together a puzzle  
Binge-watching my favorite show  
Doodle

### Mastery Activities

Learning a foreign language  
Taking and editing photos  
Walk the dog  
Jogging  
Reading a new book  
Meditating  
Reading the news  
Cleaning out my closet  
Planting a tree  
Learning an instrument  
Volunteering at the shelter  
Redecorating my bedroom  
Running errands  
Taking a career test  
Research going back to school  
Going to a meetup  
Create a blog  
Learn a new recipe  
Doing something I've been putting off  
Take an online class  
Train for a marathon