activities list

Read this list of activities and put a check mark next to all the ones you enjoy doing. Then go back and put a star next to your top three.

- spending time with pets
- nature/being in the outdoors
- writing, journaling, blogging
- Internet, social networking, messaging, posting
- taking pictures
- doing a hobby or craft
- playing or listening to music
- spending time with your friends
- spending time with your family
- gardening
- drawing or painting
- exercising
- playing a sport
- mindfulness practice
- doing yoga
- reading
- taking a shower or bath
- watching movies
- volunteering
- eating out
- going to a sporting event
- going to a concert
- camping out
- traveling
- talking on the phone
- going to a mall or shopping
- dancing
- singing
- cooking
- building projects
- playing video games
- driving
- skiing or snowboarding
- other: __________________________
- other: __________________________