

Therapy approaches including Cognitive Behavioral Therapy (CBT), Behavioral Activation (BA), and Dialectical Behavior Therapy (DBT) all recommend increasing the number of pleasant events in your daily life. You can use this worksheet to generate ideas for potential pleasant events.

Relaxation

- Taking a warm bath
- Getting a massage
- Lighting a scented candle or incense
- Listening to calming music
- Taking a nap with a cozy blanket
- Sitting in the sun for 10 minutes
- Stretching or gentle yoga
- Enjoying tea or coffee slowly
- Putting on fresh, clean sheets
- Doing a face mask
- Putting on lotion or essential oils
- Getting a haircut or styling your hair differently
- Going to a barber for a straight razor shave
- Giving yourself a manicure or pedicure
- Taking a long shower with music on
- Using aromatherapy oils or a diffuser
- Drinking cold water with lemon or cucumber
- Sitting quietly and practicing deep breathing
- Trying progressive muscle relaxation
- Going to a spa or hot tub
- Relaxing on the couch or in a recliner

Nature and the Outdoors

- Going for a walk in the park
- Sitting at a sidewalk cafe and people-watching
- Watching a sunset or sunrise
- Visiting a botanical garden
- Lying on the grass and looking at clouds
- Going on a solo picnic
- Feeding ducks at a pond
- Collecting seashells or pretty rocks
- Planting seeds
- Gardening or watering plants
- Stargazing at night
- Hiking a trail
- Walking barefoot in grass or sand
- Going to the beach or a lake
- Visiting a zoo or aquarium
- Watching fireflies at night
- Chopping wood for a fire
- Having a bonfire or sitting by a fire pit
- Going sledding or ice skating
- Listening to rain while sitting by the window
- Fishing at a local lake
- Camping with friends
- Collecting autumn leaves

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Creative Outlets

- Drawing, painting, or doodling
- Coloring in a coloring book
- Writing in a journal
- Playing a musical instrument
- Singing along to your favorite songs
- Taking photos of everyday beauty
- Baking cookies or a simple dessert
- Decorating cupcakes or cookies
- Trying a new recipe
- Knitting, crocheting, or doing crafts
- Making a vision board or collage
- Making a scrapbook
- Woodworking in the garage
- Building model cars or planes
- Fixing or tinkering with your car
- Grilling outdoors and trying new BBQ recipes
- Building with LEGOs
- Writing a short story or poem
- Recording yourself singing or playing music
- Practicing calligraphy
- Making friendship bracelets
- Decorating or rearranging your living space
- Sewing or altering clothing
- Doing DIY projects from YouTube

Social Connection

- Calling or video chatting with a friend
- Telling someone you love them
- Giving someone a sincere compliment
- Playing a board game or card game
- Going out dancing
- Sharing a meal with family or friends
- Writing a letter or a postcard
- Volunteering for a cause you care about
- Laughing at funny videos with someone
- Hosting a casual movie night
- Having a picnic with friends
- Having a heart-to-heart conversation
- Attending a live event (concert, play, sports)
- Joining a club or meetup group
- Attending a local festival or fair
- Playing trivia at a bar or cafe
- Cooking a meal together with someone
- Playing darts or pool at a pub
- Going bowling or mini golfing
- Watching a big game with friends
- Surprising someone with a small gift
- Joining a pickup basketball game
- Joining a recreational sports league
- Taking silly photos with someone

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Exploration

- Visiting a new cafe or restaurant
- Exploring a different neighborhood
- Going to a museum or gallery
- Taking a scenic drive
- Trying paintball or laser tag
- Going go-kart racing
- Riding a bike to somewhere new
- Going to a farmer's market
- Traveling by train just for the ride
- Taking yourself on a solo date
- Taking a day trip to a nearby town
- Eating a food you've never tried before
- Riding public transit to somewhere new
- Exploring a flea market or thrift store
- Visiting a historic site in your area
- Touring a local brewery or vineyard
- Going camping (even in your backyard)
- Trying a new exercise class (spin, tai chi)
- Taking a boat ride (canoe, kayak, ferry)
- Joining a guided walking tour
- Window-shopping or browsing at a store
- Taking a class (dance, pottery, cooking)
- Touring a sports stadium
- Joining a martial arts or boxing class

Everyday Joys

- Playing with a pet
- Eating your favorite snack
- Watching a comedy special
- Blowing bubbles
- Flying a kite
- Buying yourself flowers
- Watching birds or squirrels outside
- Listening to a favorite podcast
- Wearing a favorite outfit or jewelry
- Smiling at a stranger
- Watching a funny or heartwarming movie
- Eating ice cream on a hot day
- Watching your favorite childhood cartoon
- Playing a video game
- Reading a lighthearted book or magazine
- Doing a puzzle (jigsaw, crossword, sudoku)
- Swinging at a playground
- Lying in bed with fresh pajamas
- Listening to nostalgic music
- Lifting weights at home or the gym

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Pleasant Events List

DBT, CBT, BA

From your couch or bed

- Watching a funny or heartwarming movie
- Watching a comedy special
- Playing a video game
- Listening to calming music
- Taking a nap with a cozy blanket
- Sitting quietly and practicing deep breathing
- Trying progressive muscle relaxation
- Relaxing on the couch or in a recliner
- Coloring in a coloring book
- Writing in a journal
- Singing along to your favorite songs
- Knitting, crocheting, or doing crafts
- Putting on lotions or essential oils
- Chopping wood for a fire
- Stretching or gentle yoga
- Building model cars or planes
- Fixing or tinkering with your car
- Cooking a meal together with someone
- Giving yourself a manicure or pedicure
- Drinking cold water with lemon or cucumber
- Baking cookies or a simple dessert
- Trying a new recipe
- Decorating cupcakes or cookies
- Practicing calligraphy or fancy handwriting
- Eating your favorite snack
- Taking a long shower with music on
- Making a scrapbook
- Building with LEGOs or blocks
- Recording yourself singing or playing music
- Decorating or rearranging your living space
- Sewing or altering clothing
- Sitting in the sun for 10 minutes
- Watching a sunset or sunrise
- Eating a food you've never tried before
- Writing a short story or poem
- Calling or video chatting with a friend
- Writing a letter or postcard
- Reading a lighthearted book or magazine
- Doing a puzzle (jigsaw, crossword, sudoku)
- Listening to a favorite podcast
- Watching your favorite childhood cartoon
- Lying in bed with fresh pajamas
- Listening to nostalgic music
- Doing a face mask
- Using aromatherapy oils or a diffuser
- Making friendship bracelets
- Grilling outdoors and trying new BBQ recipes
- Playing a board game or card game
- Hosting a casual movie night
- Taking a warm bath
- Lighting a scented candle or incense
- Enjoying tea or coffee slowly
- Putting on fresh, clean sheets
- Planting seeds
- Gardening or watering plants
- Listening to rain while sitting by the window
- Drawing, painting, or doodling
- Playing a musical instrument
- Making a vision board or collage
- Doing DIY projects from YouTube
- Playing with a pet
- Wearing a favorite outfit or jewelry
- Lifting weights at home or in the gym
- Woodworking in the garage
- Sharing a meal with family or friends
- Having a heart-to-heart conversation
- Watching a big game with friends
- Blowing bubbles

At home

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Pleasant Events List

DBT, CBT, BA

Close to home

- Laughing at funny videos with someone
- Buying yourself flowers
- Telling someone you love them
- Giving someone a sincere compliment
- Smiling at a stranger
- Going out dancing
- Riding a bike somewhere new
- Playing trivia at a bar or cafe
- Playing darts or pool at a pub
- Going on a solo picnic
- Having a picnic with friends
- Going bowling or mini golfing
- Taking silly photos with someone
- Surprising someone with a small gift
- Window-shopping or browsing at a store
- Going to a farmer's market
- Exploring a flea market or thrift store
- Visiting a zoo or aquarium
- Hiking a trail
- Going to the beach or a lake
- Having a bonfire or sitting by a fire pit
- Going sledding or ice skating
- Going to a barber for a straight razor shave
- Going to a spa or hot tub
- Camping with friends
- Attending a live event (concert, play, sports)
- Joining a club or meetup group
- Attending a local festival or fair
- Joining a recreational sports league
- Visiting a new cafe or restaurant
- Exploring a different neighborhood
- Going to a museum or gallery
- Taking a scenic drive
- Taking a class (dance, pottery, cooking)

Further away

- Going for a walk in the park
- Sitting at a sidewalk cafe and people-watching
- Lying on the grass and looking at clouds
- Fishing at a local lake
- Feeding ducks at a pond
- Collecting seashells or pretty rocks
- Stargazing at night
- Walking barefoot in grass or sand
- Watching fireflies at night
- Collecting autumn leaves
- Taking photos of everyday beauty
- Volunteering for a cause you care about
- Joining a pickup basketball game
- Watching birds or squirrels outside
- Flying a kite
- Swinging at a playground
- Eating ice cream on a hot day
- Traveling by train just for the ride
- Taking yourself on a solo date
- Taking a day trip to a nearby town
- Riding public transit to somewhere new
- Visiting a historic site in your area
- Touring a local brewery or vineyard
- Going camping (even in the backyard)
- Trying a new exercise class (spin, tai chi)
- Taking a boat ride (canoe, kayak, ferry)
- Joining a guided walking tour
- Trying paintball or laser tag
- Going go-kart racing
- Touring a sports stadium
- Joining a martial arts or boxing class
- Visiting a botanical garden
- Getting a haircut or styling your hair differently
- Getting a massage

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Pleasant Events List

DBT, CBT, BA

Least expensive

- Singing along to your favorite songs
- Taking photos of everyday beauty
- Writing a short story or poem
- Writing in a journal
- Collecting autumn leaves
- Collecting seashells or pretty rocks
- Feeding ducks at a pond
- Gardening or watering plants
- Going for a walk in the park
- Hiking a trail
- Listening to rain while sitting by the window
- Lying on the grass and looking at clouds
- Stargazing at night
- Walking barefoot in grass or sand
- Watching a sunset or sunrise
- Watching fireflies at night
- Enjoying tea or coffee slowly
- Listening to calming music
- Putting on fresh, clean sheets
- Relaxing on the couch or in a recliner
- Sitting in the sun for 10 minutes
- Sitting quietly and practicing deep breathing
- Stretching or gentle yoga
- Taking a long shower with music on
- Baking cookies or a simple dessert
- Coloring in a coloring book
- Drawing, painting, or doodling
- Making a vision board or collage
- Making friendship bracelets
- Practicing calligraphy or fancy handwriting
- Trying a new recipe
- Going on a solo picnic
- Planting seeds
- Doing a face mask
- Taking a nap with a cozy blanket
- Taking a warm bath
- Trying progressive muscle relaxation
- Listening to a favorite podcast
- Listening to nostalgic music
- Lying in bed with fresh pajamas
- Playing with a pet
- Reading a lighthearted book or magazine
- Smiling at a stranger
- Swinging at a playground
- Watching birds or squirrels outside
- Watching your favorite childhood cartoon
- Wearing a favorite outfit or jewelry
- Calling or video chatting with a friend
- Giving someone a sincere compliment
- Having a heart-to-heart conversation
- Joining a pickup basketball game
- Laughing at funny videos with someone
- Taking silly photos with someone
- Telling someone you love them
- Volunteering for a cause you care about
- Writing a letter or postcard
- Playing a musical instrument
- Giving yourself a manicure or pedicure
- Lighting a scented candle or incense
- Putting on lotion or essential oils
- Blowing bubbles
- Buying yourself flowers
- Eating ice cream on a hot day
- Eating your favorite snack
- Flying a kite
- Doing a puzzle (jigsaw, crossword, sudoku)
- Drinking cold water with lemon or cucumber
- Sitting at a sidewalk cafe and people-watching

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Pleasant Events List

DBT, CBT, BA

- Using aromatherapy oils or a diffuser
- Watching a comedy special
- Watching a funny or heartwarming movie
- Building with LEGOs
- Decorating cupcakes or cookies
- Doing DIY projects from YouTube
- Grilling outdoors and trying new BBQ recipes
- Knitting, crocheting, or doing crafts
- Making a scrapbook
- Recording yourself singing or playing music
- Sewing or altering clothing
- Woodworking in the garage
- Eating a food you've never tried before
- Going to a farmer's market
- Window-shopping or browsing at a store
- Building model cars or planes
- Fixing or tinkering with your car
- Exploring a different neighborhood
- Going camping (even in the backyard)
- Going go-kart racing
- Going to a museum or gallery
- Joining a guided walking tour
- Joining a martial arts or boxing class
- Riding a bike somewhere new
- Riding public transit to somewhere new
- Taking a boat ride (canoe, kayak, ferry)
- Taking a day trip to a nearby town
- Taking a scenic drive
- Taking yourself on a solo date
- Touring a local brewery or vineyard
- Touring a sports stadium
- Traveling by train just for the ride
- Trying a new exercise class (spin, tai chi)
- Trying paintball or laser tag
- Playing a video game
- Watching a big game with friends
- Playing darts or pool at a pub
- Playing trivia at a bar or cafe
- Fishing at a local lake
- Going sledding or ice skating
- Going to the beach or a lake
- Having a bonfire or sitting by a fire pit
- Visiting a botanical garden
- Going bowling or mini golfing
- Having a picnic with friends
- Hosting a casual movie night
- Playing a board game or card game
- Surprising someone with a small gift
- Decorating or rearranging your living space
- Exploring a flea market or thrift store
- Getting a haircut or styling your hair differently
- Visiting a historic site in your area
- Sharing a meal with family or friends
- Visiting a new cafe or restaurant
- Camping with friends
- Chopping wood for a fire
- Visiting a zoo or aquarium
- Getting a massage
- Going to a spa or hot tub
- Lifting weights at home or the gym
- Going to a barber for a straight razor shave
- Attending a live event (concert, play, sports)
- Attending a local festival or fair
- Cooking a meal together with someone
- Going out dancing
- Joining a club or meetup group
- Joining a recreational sports league
- Taking a class (dance, pottery, cooking)

Most expensive

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.