

POSITIVE ACTIVITIES LIST

ONLINE SHOPPING
GOING TO THE BEACH
GYM AND EXERCISE
HIKING
EATING GOOD FOOD
HANGING WITH FRIENDS
NAPPING
SPENDING TIME WITH PETS

LISTENING TO MUSIC
WATCHING A MOVIE
DATE NIGHTS
SEX
ARTS AND CRAFTS
READING
WRITING
CATCHING UP WITH FAMILY

HAVING A LAZY DAY
GOING CAMPING
REARRANGING YOUR HOUSE
LAUGHING
RECALLING HAPPY MEMORIES
PARTYING
DRESSING UP
CONNECTING TO A PLACE OF PERSONAL SIGNIFICANCE