The big list of enjoyable activities

The Learning and Wellbeing Team
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Doing more activities is a proven strategy that can improve your moods, restore your motivation and increase your confidence and self-worth.

Here is how it works: Print the list. Then review every item on the list, answering the following questions. **First**, ask yourself if you ***could try it***. Don't overthink it. This is not about if you like it or if you are already doing it. This is about trying some new and *finding out* if it is enjoyable. If you think you could try it, place a checkmark in the box. **Second**, ask yourself if you think you might *like* it. This is usually a good sign that it could bring you some pleasure. Place a checkmark in this box if you think you might like it or like to try it. **Finally**, if you are already doing this, place a checkmark in the last box.

The goal: Your goal is to find five things you think you could try or might like to try and then go and do them.

Tip: Don't overthink it. You cannot really know if you are going to enjoy something until you actually give it a try. Thinking that you might not enjoy it is just a feeling about something that you haven't done yet.

Let us know: Let us know if you have a suggestion we can add to the list (info@learningandwellbeing.ca)

	Could try it	Might like it	Already doing this
Write in a journal	[ ]	[ ]	[ ]
Go out for coffee	[ ]	[ ]	[ ]
Watch a movie	[ ]	[ ]	[ ]
Go watch the sunrise or sunset	[ ]	[ ]	[ ]
Stay up or get up late and go look at the stars	[ ]	[ ]	[ ]
Go paddle boarding	[ ]	[ ]	[ ]
Go rock climbing	[ ]	[ ]	[ ]
Go for a walk on your local beach (even during the cold season)	[ ]	[ ]	[ ]
Play an instrument	[ ]	[ ]	[ ]
Cook a meal	[ ]	[ ]	[ ]
Cook something totally new	[ ]	[ ]	[ ]
Go to the library to read or just enjoy the peace	[ ]	[ ]	[ ]
Buy tickets to the theatre	[ ]	[ ]	[ ]
Go visit your neighbours	[ ]	[ ]	[ ]
Go introduce yourself to your neighbours (even if you haven't yet)	[ ]	[ ]	[ ]
Find a podcast you might like to try	[ ]	[ ]	[ ]
Find a volunteer group	[ ]	[ ]	[ ]
Start a blog about something you care about or are interested in	[ ]	[ ]	[ ]
Text or call a friend you haven't seen in a long, long time	[ ]	[ ]	[ ]
Go to a local tourist attraction you haven't seen yet or recently	[ ]	[ ]	[ ]

	Could try it	Might like to try it	Already doing this
Visit part of the town or city that you haven't seen before	[ ]	[ ]	[ ]
Play a board game	[ ]	[ ]	[ ]
Research an unfamiliar topic online	[ ]	[ ]	[ ]
Rearrange your furniture	[ ]	[ ]	[ ]
Make origami	[ ]	[ ]	[ ]
Read a book	[ ]	[ ]	[ ]
Visit a museum	[ ]	[ ]	[ ]
Go for a bike ride	[ ]	[ ]	[ ]
Take photos	[ ]	[ ]	[ ]
Knit	[ ]	[ ]	[ ]
Visit a park	[ ]	[ ]	[ ]
Do some yoga	[ ]	[ ]	[ ]
Write a poem	[ ]	[ ]	[ ]
Search for new music to listen to	[ ]	[ ]	[ ]
Exercise	[ ]	[ ]	[ ]
Hike on a nature trail	[ ]	[ ]	[ ]
Care or play with your pet	[ ]	[ ]	[ ]
Go for a walk	[ ]	[ ]	[ ]
Play cards	[ ]	[ ]	[ ]
Write a letter	[ ]	[ ]	[ ]
Meditate	[ ]	[ ]	[ ]
Have a picnic	[ ]	[ ]	[ ]
Try a new food	[ ]	[ ]	[ ]
Soak in the bathtub	[ ]	[ ]	[ ]
Write down what you would like to do in your career	[ ]	[ ]	[ ]
Go on vacation	[ ]	[ ]	[ ]
Clean out a room	[ ]	[ ]	[ ]
Give away some old items online	[ ]	[ ]	[ ]
Go on a date	[ ]	[ ]	[ ]
Repair something in your house			
Go to a movie	[ ]	[ ]	[ ]
Go for a really fast, brisk walking	[ ]	[ ]	[ ]
Listening to music	[ ]	[ ]	[ ]
Organize some old pictures into an album or directory	[ ]	[ ]	[ ]
Reading a magazine or newspaper	[ ]	[ ]	[ ]
Lie in the sun (even if it is snowy outside)	[ ]	[ ]	[ ]
Watch a funny show	[ ]	[ ]	[ ]
Think about past vacations	[ ]	[ ]	[ ]
Practice listening to others	[ ]	[ ]	[ ]
Meet new people	[ ]	[ ]	[ ]
Viewing beautiful scenery	[ ]	[ ]	[ ]
Playing a sport	[ ]	[ ]	[ ]
Walk home (or partway home) from work or school	[ ]	[ ]	[ ]
Plan a vacation	[ ]	[ ]	[ ]

	Could try it	Might like to try it	Already doing this
Spend an evening with friends	[ ]	[ ]	[ ]
Plan a list of the day's activities and do them	[ ]	[ ]	[ ]
Work on your car/bike	[ ]	[ ]	[ ]
Take care of your plants	[ ]	[ ]	[ ]
Going swimming	[ ]	[ ]	[ ]
Do some drawing, doodling or artwork	[ ]	[ ]	[ ]
Go to a party	[ ]	[ ]	[ ]
Thinking about the five next things you would like to buy	[ ]	[ ]	[ ]
Go visit your parents	[ ]	[ ]	[ ]
Spend time with family or family	[ ]	[ ]	[ ]
Go to an event that is hosted by a community	[ ]	[ ]	[ ]
Have some sex	[ ]	[ ]	[ ]
Go camping (even if it is cold)	[ ]	[ ]	[ ]
Sing around the house	[ ]	[ ]	[ ]
Arranging flowers	[ ]	[ ]	[ ]
Go to church, temple, mosque, or visit your spiritual group	[ ]	[ ]	[ ]
Going to the beach	[ ]	[ ]	[ ]
Go for a Hike	[ ]	[ ]	[ ]
Get dressed up and go out	[ ]	[ ]	[ ]
Go to an event in your neighbourhood, town or city	[ ]	[ ]	[ ]
Play a sport you haven't played in a while	[ ]	[ ]	[ ]
Call or text your mom, dad, brother or sister	[ ]	[ ]	[ ]
Going to church	[ ]	[ ]	[ ]
Take a nap	[ ]	[ ]	[ ]
Go for a drive or bike ride on a scenic route	[ ]	[ ]	[ ]
Play pool	[ ]	[ ]	[ ]
Do a craft	[ ]	[ ]	[ ]
Fix your hair in a different way	[ ]	[ ]	[ ]
Get a haircut and/or colour	[ ]	[ ]	[ ]
Go bowling	[ ]	[ ]	[ ]
Visit a bakery	[ ]	[ ]	[ ]
Spend an afternoon in the country or in nature	[ ]	[ ]	[ ]
Work on your car, bike or motorcycle	[ ]	[ ]	[ ]
Get dressed up and go out	[ ]	[ ]	[ ]
Go to an event in your neighbourhood, town or city	[ ]	[ ]	[ ]
Play a sport you haven't played in a while	[ ]	[ ]	[ ]
Visit a bakery	[ ]	[ ]	[ ]
Call or text your mom, dad, brother or sister	[ ]	[ ]	[ ]
Going to church	[ ]	[ ]	[ ]
Going to social clubs	[ ]	[ ]	[ ]
Skiing	[ ]	[ ]	[ ]

	Could try it	Might like to try it	Already doing this
Make a gift or card for someone	[ ]	[ ]	[ ]
Go out for an early morning coffee and newspaper	[ ]	[ ]	[ ]
Go to a play or concert (even if you don't usually go)	[ ]	[ ]	[ ]
Visit a national park	[ ]	[ ]	[ ]
Have lunch with a friend	[ ]	[ ]	[ ]
Take a shower	[ ]	[ ]	[ ]
Working with a team	[ ]	[ ]	[ ]
Go to an antique show to check out what they have	[ ]	[ ]	[ ]
Offer to help someone	[ ]	[ ]	[ ]
Rearrange a room	[ ]	[ ]	[ ]
Go on a road trip	[ ]	[ ]	[ ]
Buy yourself flowers	[ ]	[ ]	[ ]
Tie-dye a shirt	[ ]	[ ]	[ ]
Sit out front on your stoop/porch/balcony	[ ]	[ ]	[ ]
Taking a nap	[ ]	[ ]	[ ]
Go for a drive or bike ride on a scenic route	[ ]	[ ]	[ ]
Playing pool	[ ]	[ ]	[ ]
Do a craft	[ ]	[ ]	[ ]
Fix my hair differently	[ ]	[ ]	[ ]
Get a haircut and/or colour	[ ]	[ ]	[ ]
Go bowling	[ ]	[ ]	[ ]
Go to a pub to cheer on your team	[ ]	[ ]	[ ]
Learn about something new online	[ ]	[ ]	[ ]
Text a cousin you haven't seen in a while	[ ]	[ ]	[ ]
Repair something	[ ]	[ ]	[ ]