

On the journey.

Activities that give happiness



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Activities that give happiness

- ★ Drinking coffee with a friend
- ★ Buying something for yourself
- ★ Watching TV or a film
- ★ Learning something new
- ★ Helping someone
- ★ Giving / receiving compliment
- ★ Thinking of people that you find nice
- ★ Working on the computer/internet
- ★ Thinking about pleasurable activities in the future
- ★ Spending times with friends
- ★ Eating / dining
- ★ Playing with the kids
- ★ Playing with pets
- ★ Wandering in the nature
- ★ Listening to music

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- ★ Visiting family members
- ★ Wandering in the city center
- ★ Singing
- ★ Going to the beach
- ★ Dressing new clothes
- ★ Repairing things in house or garden
- ★ Caring yourself well
- ★ Finishing something difficult
- ★ Cycling
- ★ Traveling by train
- ★ Reading a magazine / newspaper
- ★ Caring for a plant
- ★ Lunching with someone
- ★ Solving a puzzle
- ★ Going to sports

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- ★ Watching sports
- ★ Listening to music
- ★ Meeting with new people
- ★ Sitting under the sun
- ★ Looking at a photo book
- ★ Not doing anything (not procrastinating)
- ★ Playing billiards
- ★ Entertaining someone
- ★ Planning for a vacation
- ★ Going for vacation
- ★ Doing voluntary work
- ★ Babysitting a child
- ★ Playing chess
- ★ Drinking
- ★ Doing picnic
- ★ Cooking a meal

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