

Pleasant Activities Questionnaire

This questionnaire is to help you list the kinds of things you get pleasure or satisfaction from.

For each activity that you enjoy now or used to enjoy, give the activity a score out of 10 for how much you enjoy it (from 0=not at all to 10=really enjoyable).

If the activity is one you have not done, but might like to try, tick the box beside it.

Activity	Enjoyment (0-10)	Try it?
Going on holiday		<input type="checkbox"/>
Going camping		<input type="checkbox"/>
Going to the beach		<input type="checkbox"/>
Travelling abroad or in Britain		<input type="checkbox"/>
Sightseeing		<input type="checkbox"/>
Going for a drive		<input type="checkbox"/>
Going on a picnic		<input type="checkbox"/>
Going to museums		<input type="checkbox"/>
Laughing		<input type="checkbox"/>
Eating really tasty foods		<input type="checkbox"/>
Dressing up and looking nice		<input type="checkbox"/>
Staying up late		<input type="checkbox"/>
Chocolate		<input type="checkbox"/>
Buying clothes		<input type="checkbox"/>
Buying gifts		<input type="checkbox"/>
Buying things for myself (perfume, golf balls, etc.)		<input type="checkbox"/>
Buying books		<input type="checkbox"/>
Collecting things (coins, shells, etc.)		<input type="checkbox"/>
Reading magazines or newspapers		<input type="checkbox"/>
Hobbies (stamp collecting, model building, etc.)		<input type="checkbox"/>
Doodling		<input type="checkbox"/>
Collecting old things		<input type="checkbox"/>
Riding a motorbike or a bicycle		<input type="checkbox"/>
Painting		<input type="checkbox"/>
Playing musical instruments		<input type="checkbox"/>
Doing arts and crafts		<input type="checkbox"/>
Buying music (CDs or mp3s)		<input type="checkbox"/>
Watching sport on TV or live		<input type="checkbox"/>
Cooking		<input type="checkbox"/>
Writing stories or poems		<input type="checkbox"/>
Sewing		<input type="checkbox"/>
Gardening		<input type="checkbox"/>
Going to plays and concerts		<input type="checkbox"/>
Listening to music		<input type="checkbox"/>

Collecting shells or pebbles	<input type="checkbox"/>
Photography	<input type="checkbox"/>
Going fishing	<input type="checkbox"/>
Reading fiction	<input type="checkbox"/>
Acting	<input type="checkbox"/>
Reading nonfiction	<input type="checkbox"/>
Playing cards	<input type="checkbox"/>
Playing guitar	<input type="checkbox"/>
Knitting	<input type="checkbox"/>
Doing puzzles (crosswords, sudoku etc.)	<input type="checkbox"/>
Listening to the radio	<input type="checkbox"/>
Making things	<input type="checkbox"/>
Having an aquarium	<input type="checkbox"/>
Thinking about my religious faith	<input type="checkbox"/>
Solving riddles or puzzles mentally	<input type="checkbox"/>
Birdwatching	<input type="checkbox"/>
Playing computer games	<input type="checkbox"/>
Learning something new	<input type="checkbox"/>
Remembering past parties	<input type="checkbox"/>
Thinking about my past trips	<input type="checkbox"/>
Remembering beautiful scenery	<input type="checkbox"/>
Remembering the words and deeds of loving people	<input type="checkbox"/>
Thinking I'm an OK person	<input type="checkbox"/>
Thinking I have a lot more going for me than most people	<input type="checkbox"/>
Thinking about pleasant events	<input type="checkbox"/>
Thinking "I did that pretty well" after doing something	<input type="checkbox"/>
Thoughts about happy moments in my life	<input type="checkbox"/>
Looking over photos	<input type="checkbox"/>
Thinking about my good qualities	<input type="checkbox"/>
Planning my career	<input type="checkbox"/>
Thinking how it will be when I finish school	<input type="checkbox"/>
Planning a career	<input type="checkbox"/>
Planning a day's activities	<input type="checkbox"/>
Saving money	<input type="checkbox"/>
Thinking about buying things	<input type="checkbox"/>
Eating healthily and looking after my body	<input type="checkbox"/>
Thinking about getting married	<input type="checkbox"/>
Planning parties	<input type="checkbox"/>
Daydreaming	<input type="checkbox"/>
Planning to go to college or university	<input type="checkbox"/>
Making lists of tasks	<input type="checkbox"/>
Thinking about having a family	<input type="checkbox"/>
Thinking about the future	<input type="checkbox"/>
Thinking I have done a full day's work	<input type="checkbox"/>
Jogging, walking	<input type="checkbox"/>
Practicing karate, judo, yoga	<input type="checkbox"/>

Going swimming	<input type="checkbox"/>
Exercising	<input type="checkbox"/>
Playing golf	<input type="checkbox"/>
Playing football	<input type="checkbox"/>
Flying kites	<input type="checkbox"/>
Singing around the house	<input type="checkbox"/>
Going sailing	<input type="checkbox"/>
Doing something on the spur of the moment	<input type="checkbox"/>
Going walking on the cliffs or by the sea	<input type="checkbox"/>
Playing tennis	<input type="checkbox"/>
Going bike riding	<input type="checkbox"/>
Playing with animals	<input type="checkbox"/>
Dancing	<input type="checkbox"/>
Playing my favourite sport	<input type="checkbox"/>
Playing snooker or pool	<input type="checkbox"/>
Getting a massage	<input type="checkbox"/>
Taking a sauna or jacuzzi	<input type="checkbox"/>
Going skiing	<input type="checkbox"/>
Going bowling	<input type="checkbox"/>
Doing ballet, tap dancing	<input type="checkbox"/>
Going horse riding	<input type="checkbox"/>
Doing something new	<input type="checkbox"/>
Soaking in the bathtub	<input type="checkbox"/>
Relaxing	<input type="checkbox"/>
Going to a movie in the middle of the week	<input type="checkbox"/>
Listening to music	<input type="checkbox"/>
Lying in the sun	<input type="checkbox"/>
Going home from work or school	<input type="checkbox"/>
Having quiet evenings	<input type="checkbox"/>
A day with nothing to do	<input type="checkbox"/>
Sleeping	<input type="checkbox"/>
Having my nails or hair done, or going to the beauty salon	<input type="checkbox"/>
Early morning tea/coffee and newspaper	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>
Being alone	<input type="checkbox"/>
Meditating	<input type="checkbox"/>
Lighting candles	<input type="checkbox"/>
Sitting in a café	<input type="checkbox"/>
Having a lie-in	<input type="checkbox"/>
walking barefoot on the beach	<input type="checkbox"/>
listening to the sounds of nature	<input type="checkbox"/>
Recycling old items	<input type="checkbox"/>
Repairing things around the house	<input type="checkbox"/>
Working on my bike or car	<input type="checkbox"/>
Taking care of my plants	<input type="checkbox"/>
Making a gift for someone	<input type="checkbox"/>

