

PLEASURABLE ACTIVITIES

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Every person has something that he loves to do. We might call it a hobby, but it need not be an activity all the time. Indulging in pleasurable activities is a great way of building positive self-esteem. Not only does it give you good memories, but it also helps you understand the fact that life's not so miserable, after all.

Here is a list of pleasurable activities that you may indulge in. Mind you, this list is not comprehensive by any means!

- Collecting things
- Taking long rides
- Debating
- Playing computer games
- Shopping
- Playing cricket
- Dressing up and looking nice
- Meditating
- Going on a picnic
- Writing diary entries or letters
- Rearranging furniture in house
- Photography
- Gardening
- Exchanging emails, chatting
- Writing books
poems, articles
- Going out to dinner
- Playing musical instruments
- Cooking, baking
- Driving
- Entertaining
- Sketching, Painting
- Sleeping
- Going camping
- Going to the beach
- Having discussions with friends
- Having family get-togethers
- Going to a party
- Remembering beautiful scenery
- Going to the gym, doing aerobics
- Reading magazines
- Spending an evening with friends
- Listening to music
- Thinking about my past trips
- Relaxing
- Going to a movie
- Going for a holiday
- Jogging, walking