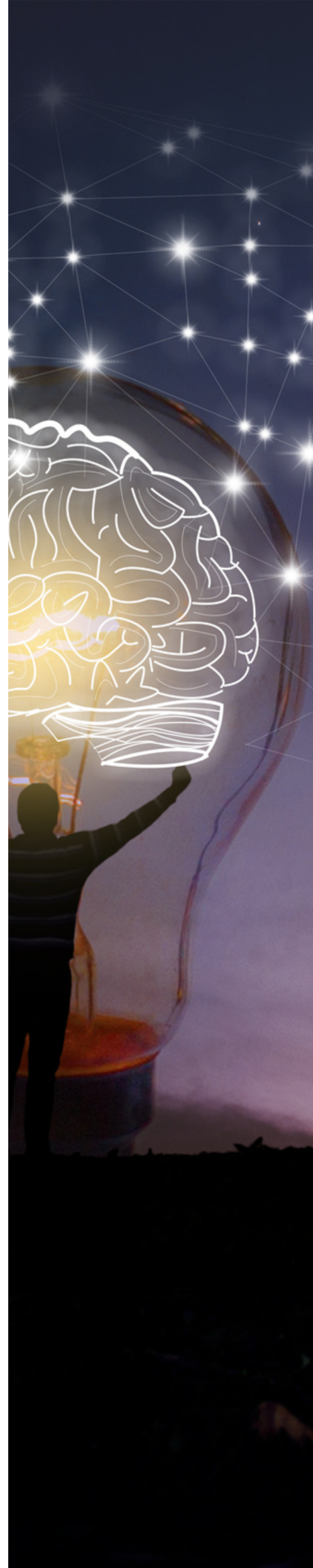


BEHAVIORAL ACTIVATION

SPARK YOUR IDEAS

Here's a list of pleasurable activities to help you spark some ideas on things to do.

- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Go for a walk in nature.
- ☐ Cook a new recipe.
- ☐ Call a friend or family member.
- ☐ Write in a journal.
- ☐ Meditate for 10 minutes.
- ☐ Do a puzzle.
- ☐ Visit a museum.
- ☐ Listen to music you love.
- ☐ Take a yoga class.
- ☐ Read a book or article.
- ☐ Paint or draw something creative.
- ☐ Organize your closet.
- ☐ Try a new workout routine.

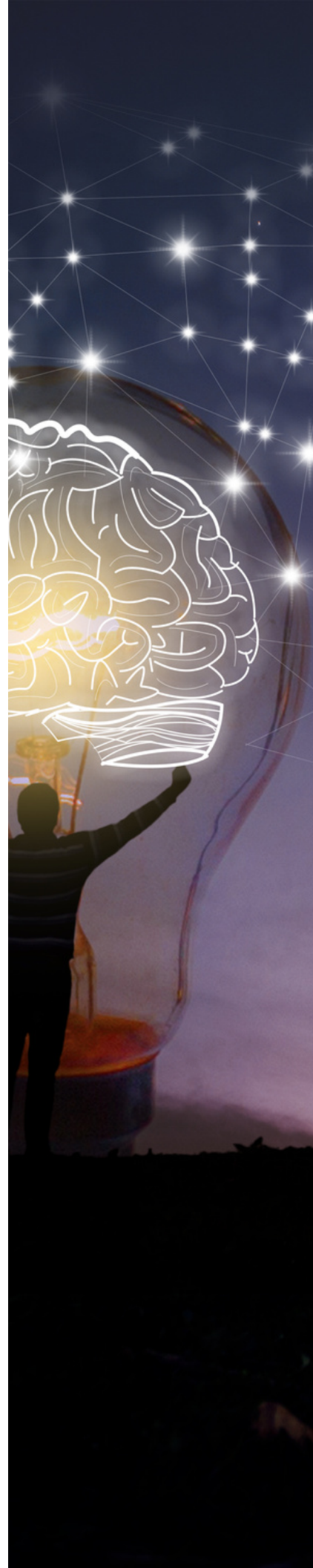


BEHAVIORAL ACTIVATION

SPARK YOUR IDEAS

Here's a list of pleasurable activities to help you spark some ideas on things to do.

- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Watch a documentary.
- ☐ Take photos of things you find beautiful.
- ☐ Clean or organize a space in your home.
- ☐ Play a musical instrument.
- ☐ Plant flowers or vegetables in your garden.
- ☐ Try knitting, crocheting, or sewing.
- ☐ Volunteer for a cause you care about.
- ☐ Visit a park or green space.
- ☐ Go for a bike ride.
- ☐ Plan a small trip or day outing.
- ☐ Watch a funny movie.
- ☐ Make your favorite dessert.
- ☐ Try a new hobby or craft.

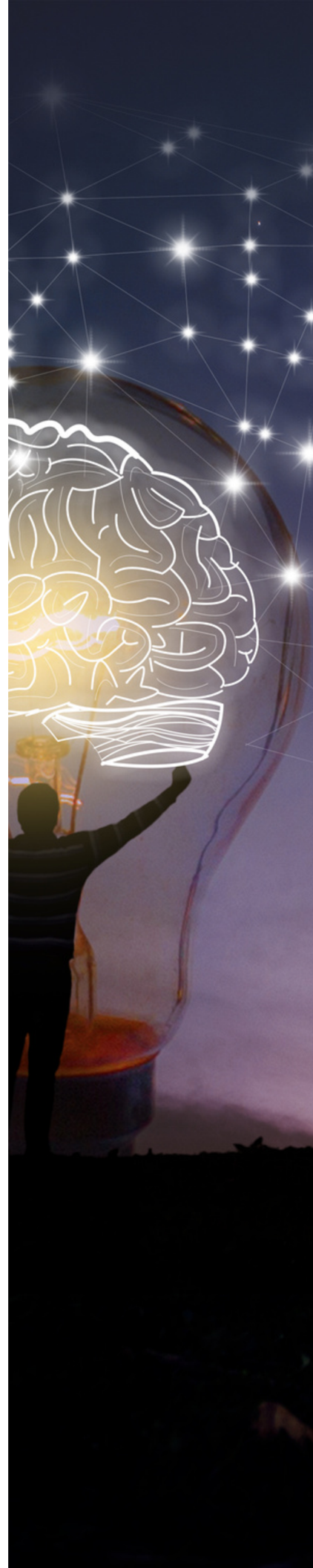


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- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Join a social group or club.
- ☐ Write a letter or email to someone.
- ☐ Do a brain-teaser or sudoku puzzle.
- ☐ Try watercolor painting.
- ☐ Take an online class or workshop.
- ☐ Practice gratitude by listing things you're thankful for.
- ☐ Sell something you don't want on the internet.
- ☐ Dance to your favorite music.
- ☐ Do a home spa day (facial, bath, etc.).
- ☐ Go to the gym or do a home workout.
- ☐ Take a long, relaxing bath.
- ☐ Declutter a small area of your home.
- ☐ Explore a new neighborhood or town.

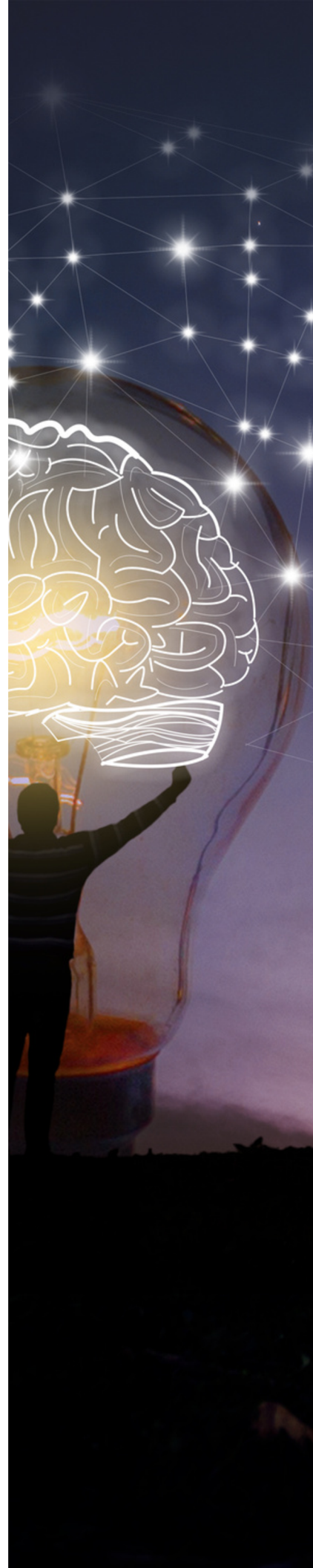


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- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Learn a few words in a new language (or more!).
- ☐ Go window shopping.
- ☐ Take a mindfulness walk.
- ☐ Write a short story or poem.
- ☐ Try gardening or repotting plants.
- ☐ Visit a local farmer's market.
- ☐ Learn basic sign language.
- ☐ Try deep breathing exercises.
- ☐ Cook a meal from a different culture.
- ☐ Watch a sunset or sunrise.
- ☐ Rearrange your furniture or decor.
- ☐ Start a small creativity project (e.g. build a bookshelf, make jewelry).
- ☐ Play with a pet or visit an animal shelter.

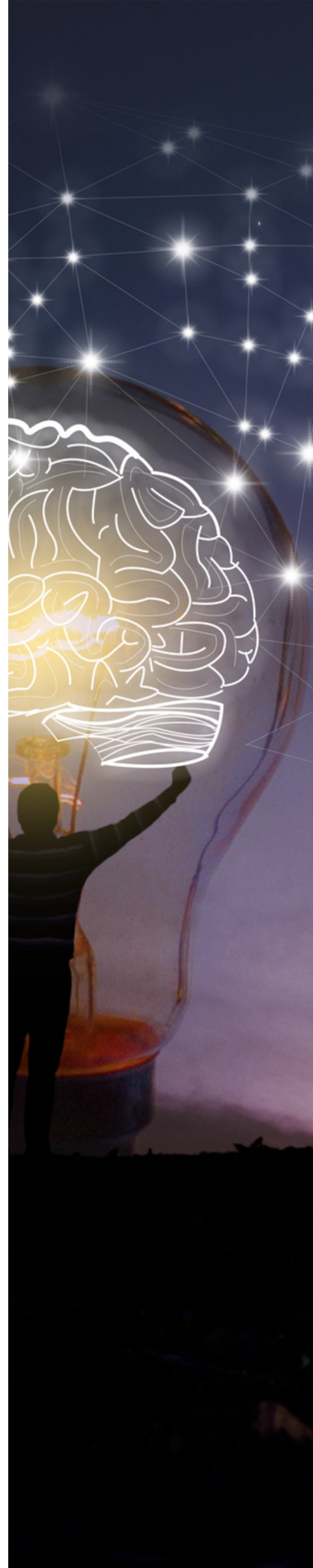


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- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Explore a new podcast.
- ☐ Try a new coffee shop or café.
- ☐ Create a photo album or scrapbook.
- ☐ Listen to a motivational speaker.
- ☐ Take up cake decorating.
- ☐ Go for a swim or visit a beach.
- ☐ Take a day off to relax.
- ☐ Visit a local art gallery.
- ☐ Make homemade gifts or cards for friends.
- ☐ Try tai chi or qigong.
- ☐ Do a digital detox for a day.
- ☐ Try origami or paper crafts.
- ☐ Practice calligraphy.

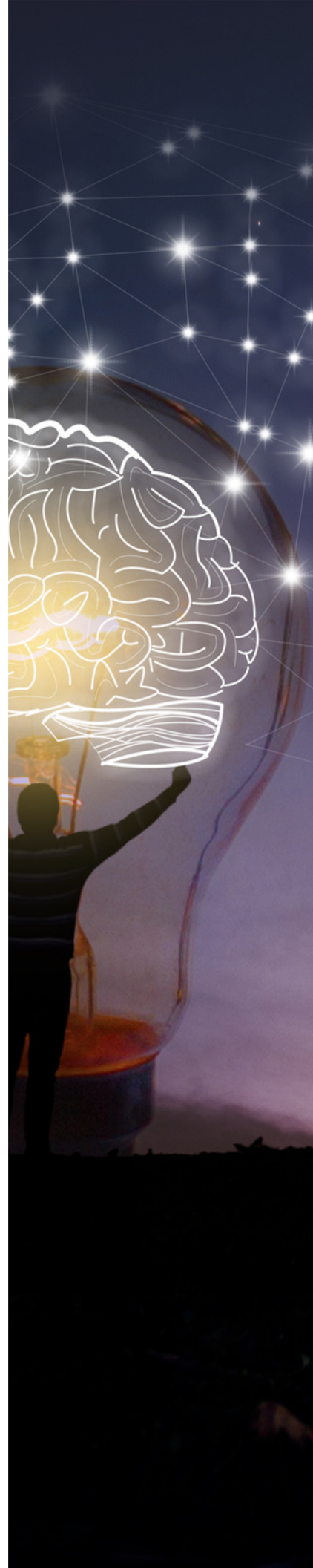


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- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Plan a surprise for someone you love.
- ☐ Make a list of your favorite things.
- ☐ Try rock climbing or another adventurous activity.
- ☐ Visit a historical site or landmark.
- ☐ Attend a live concert or event.
- ☐ Have a movie marathon.
- ☐ Go stargazing or cloud-watching.
- ☐ Take a pottery or ceramics class.
- ☐ Visit a botanical garden.
- ☐ Have a picnic in the park.
- ☐ Write down your favorite quotes.
- ☐ Play a board game or card game.
- ☐ Visit a local library or bookstore.

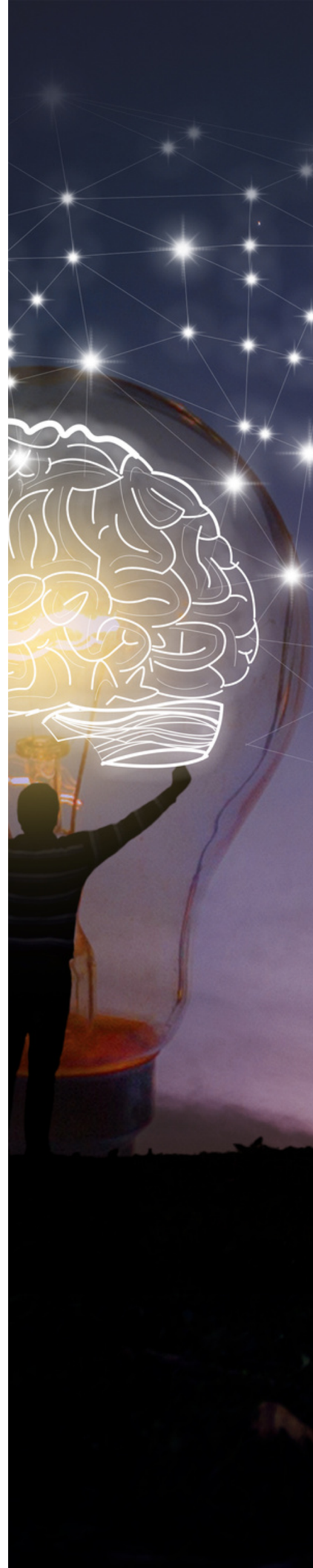


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- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Host a small get-together with friends.
- ☐ Explore your family tree or genealogy.
- ☐ Take a self-defense class.
- ☐ Start a gratitude jar.
- ☐ Learn to bake bread from scratch.
- ☐ Build a model kit or do a DIY project.
- ☐ Visit a zoo or aquarium.
- ☐ Practice mindful eating during a meal.
- ☐ Do a random act of kindness.
- ☐ Play a sport you enjoy.
- ☐ Try a new flavor of ice cream or treat.
- ☐ Create a meal plan for the week.
- ☐ Learn about a topic that interests you.

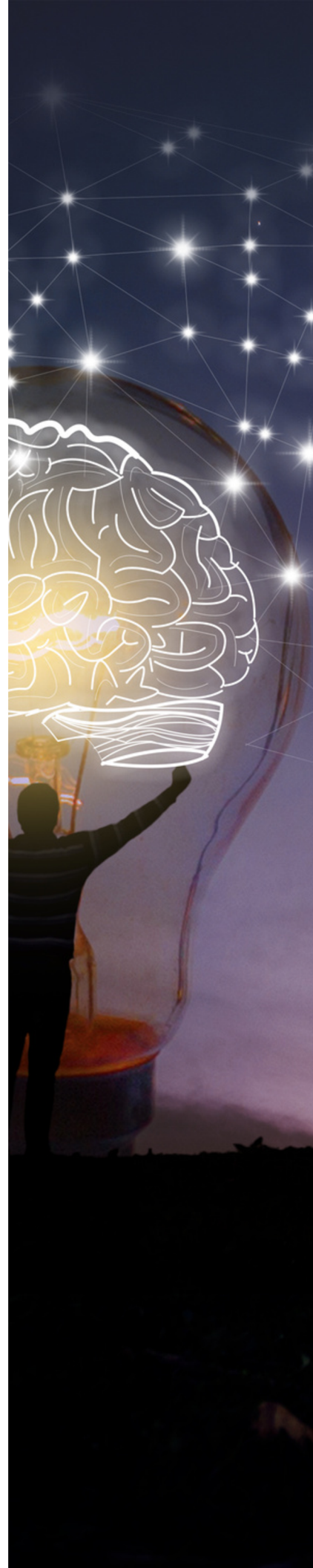


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- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Watch a TED talk on something inspiring.
- ☐ Take a photo walk in your city or neighborhood.
- ☐ Create a time capsule.
- ☐ Go birdwatching or wildlife spotting.
- ☐ Have a quiet cup of tea or coffee outdoors.
- ☐ Start a blog or personal website.
- ☐ Try out a new board game with friends.
- ☐ Take a fitness class you've never tried before.
- ☐ Visit a flea market or thrift store.
- ☐ Plan a camping trip, even if it's in your backyard.
- ☐ Learn basic coding or programming.
- ☐ Visit a friend you haven't seen in a while.
- ☐ Learn to juggle or do magic tricks.

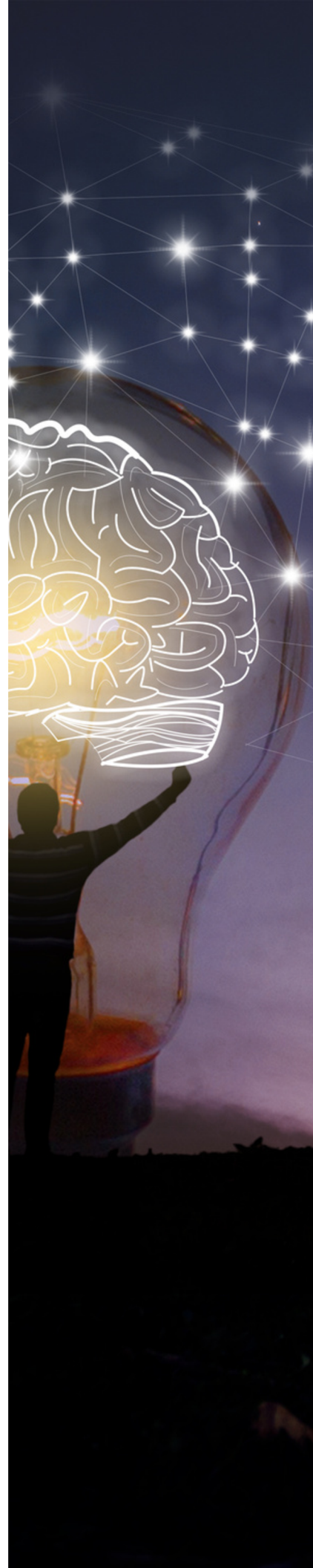


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- ☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.
- ☐ Try mindful coloring or adult coloring books.
- ☐ Build a puzzle with 1,000 pieces.
- ☐ Make handmade soap or candles.
- ☐ Watch a play or musical.
- ☐ Bake cookies and share them with neighbors.
- ☐ Take part in a local charity event.
- ☐ Create a small herb garden in your kitchen.
- ☐ Explore meditation apps or guided meditations.
- ☐ Take a guided tour of a local attraction.
- ☐ Try a dance class or Zumba session.
- ☐ Explore a nearby national park or forest.
- ☐ Take a road trip to somewhere new.
- ☐ Try a new type of tea or coffee blend.



BEHAVIORAL ACTIVATION

SPARK YOUR IDEAS

Here's a list of pleasurable activities to help you spark some ideas on things to do.

☒ Mark those that appeal to you or those you think could lead to enjoyment and jot any other ideas that occur to you.

☐ Practice mindful stretching.

☐ Go fishing or visit a lake.

☐ Experiment with baking new or different types of bread.

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