

✓ Place a tick next to any activity you would be prepared to pursue in the next week.

○ Place a circle next to any activity you would like to try in the next few months.

■ Social activities

- Visit somebody
- Write a letter or a card
- Telephone a friend
- Go out for a social drink
- Go to a restaurant
- Invite a friend around
- Buy a present for somebody
- Ask for a cuddle
- Be with children
- Do something for somebody
- Have a good conversation
- Be with my family
- Give a party
- Go to a party
- Make a new friend
- Compliment or praise somebody
- Be with someone you love

■ Recreational activities

- Go to church
- Go to the zoo, fair or circus
- Go for a walk
- Listen to music
- Read a novel, magazine or newspaper
- Go to the cinema
- Go for a jog
- Gardening
- Go swimming
- Play a sport
- Have a sauna
- Watch a sports event
- Play a game
- Visit a place of interest
- Visit the countryside
- Plan a holiday
- Sit in the sun
- Go fishing
- Play a board game
- Plan a day out
- Go to a health club
- Go on a nature walk
- Clean out a cupboard
- Be with animals

■ Creative activities

- Write a poem
- Paint a picture
- Cook a meal
- Decorate a room
- Play an instrument
- Do some DIY
- Sewing or knitting
- Make a model
- Write a diary
- Sing a song
- Pick flowers
- Sit in the sun
- Rearrange the furniture
- Paint a room
- Dance
- Restore an antique

■ Self-care activities

- Buy something for myself
- Wear something nice
- Relax in a warm bath
- Have a massage or sauna
- Watch a favourite television programme
- Go to the hairdresser
- Buy food I like
- Put on make up, do hair
- Take a nap
- Set a goal, make a plan
- Talk about something I like
- Sleep in late
- Buy a takeaway meal

■ Educational activities

- Go to the library
- Go to the museum
- Enrol on a course
- Read a non-fiction book
- Do a crossword or puzzle
- Learn something new
- Learn a foreign language
- Learn to play a musical instrument
- Go to a lecture
- Buy a book