



POSITIVE, PLEASURABLE & REWARDING ACTIVITIES

RELAXING / LEISURE	CREATIVE	PRODUCTIVE
Examples: Reading, sitting outdoors, meditating, bubble bath or hot tub, watching nature.	Examples: Cooking / baking, creating recipes, starting a fish tank, painting a picture.	Examples: Planning a business, working out, organizing a closet, planting a garden.

➤ **Circle top 5 in each category and keep it handy to reference when you feel bored, stressed, or just can't think of what to do besides your unhealthy escape.**