

PLEASANT EVENTS

Listen to a podcast
Talk on the phone
Look through some old photos
Watch a funny movie
Go for a walk
Listen to music
Get a massage
Write in a journal
Do some stretching
Play with your pet
Work on a hobby
Sing
Take a bath
Learn how to play an instrument
Drink tea or coffee from a favourite mug
Spend some time outdoors
Read a book
Play a board game
Do some artwork
Go to the movies
Do some gardening
Listen to an audiobook
Work on a puzzle
Spa day (can be done at home)
Try a new recipe
Take a nap
View some art
Go to the gym
Catch up with family and friends

EXAMPLE

PLEASANT EVENT CATALOGUE

DAILY

- Go for a 20-minute walk if raining, do stretches
- Connect with family or friends via phone
- Spend time in the garden
- Journal and self-reflect

WEEKLY

- Gym 4 times a week
- Catch up with family or friends over a meal
- Eat out at my favourite restaurant
- Shave and put beard oil

MONTHLY

- Go for a drive to a new place
- Try a new cafe
- Games night
- Volunteer
- Get a massage
- Learn to cook something new

QUARTERLY

- Go for a weekend away
- Go fishing
- Cooking class

ANNUAL

- Holiday and time off work
- Review goals

NOTES

PLEASANT EVENT CATALOGUE

DAILY

WEEKLY

MONTHLY

QUARTERLY

ANNUAL

NOTES

PLEASANT EVENT

MONTHLY PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY