Name_____ Date_____

Pleasant Events Schedule

		Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Tot.
1.	Visiting out-of-the way places								
2.	Wearing expensive clothes								
3.	Talking about sports								
4.	Meeting someone new (same sex)								
5.	Going to a rock concert								
6.	Planning trips or vacations								
7.	Reading scriptures or other sacred works								
8.	Rearranging or redecorating your room or house								
9.	Reading stories or novels								
10.	Going to lectures								
11.	Driving skillfully								
12.	Breathing clean air								
13.	Saying something clearly								
14.	Pleasing your parents								
15.	Driving a car								
16.	Watching TV								
17.	Laughing								
18.	Criticizing someone								
19.	Planning something								
20.	Taking a shower								
21.	Exploring (hiking away from known routes)								
22.	Having a frank and open conversation								
23.	Going to a meeting or convention								
24.	Being in a sporty car								
25.	Making snacks								
26.	Skiing								
27.	Being helped								
28.	Combing or brushing hair								
29.	Taking a nap								
30.	Being with friends								
31.	Driving fast								
32.	Using books you have bought								
33.	Taking a bath								
34.	Singing in a group or chorus								
35.	Weighing yourself								
36.	Tooting for the underdog								
37.	Bowling								
	Column Total								

38.	Being popular at a gathering								
39.	Having an original idea								
40.	Reading technical, academic, or professional literature								
41.	Wearing new clothes								
42.	Going to a dance								
43.	Sitting in the sun								
44.	Just sitting and thinking								
45.	Talking about philosophy or religion								
46.	Organize something								
47.	Listening to the sounds of nature								
48.	Going on a date								
49.	Debating								
50.	Racing in a car								
51.	Listening to radio								
52.	Having friends come to visit								
53.	Introducing people who you think would like each other								
54.	Getting messages and/or back rubs								
55.	Getting letters								
56.	Looking at the sky or clouds								
57.	Playing basketball								
58.	Disagreeing with someone								
59.	Wearing clean clothes								
60.	Helping someone								
61.	Going to the mountains								
62.	Hearing jokes								
63.	Meeting someone new (opposite sex)								
64.	Seeing beautiful scenery								
65.	Eating good meals								
66.	Buying or trading things								
67.	Having spare time								
68.	Being noticed as sexually attractive								
69.	Pleasing teachers								
70.	Counseling someone								
71.	Taking a sauna bath								
72.	Learning to do something new								
73.	Going to a drive-in (Dairy Queen, MacDonalds, etc.)								
74.	Complimenting or praising someone								
75.	Thinking about people you like								
76.	Being at a fraternity or sorority								
	Column Total								

77.	Taking revenge on someone								
78.	Being with your family								
79.	Protesting social or political conditions								
80.	Talking on the telephone								
81.	Kicking leaves, sand pebbles, etc.								
82.	Going to basketball games								
83.	Going to movies								
84.	Kissing								
85.	Cooking meals								
86.	Being praised by people you admire								
87.	Outwitting a "superior"								
88.	Doing a project your own way								
89.	Crying								
90.	Being told you are needed								
91.	Going to an art exhibit								
92.	Washing your hair								
93.	Coaching someone								
94.	Going to a restaurant								
95.	Being invited out								
96.	Using cologne, perfume, or after-shave								
97.	Having someone agree with you								
98.	Collecting books or reprints								
99.	Having peace and quite								
100.	Visiting friends								
101.	Reading essays								
102.	Being counseled								
103.	Saying Prayers								
104.	Meditating								
105.	Seeing a fight								
106.	Doing favors for people								
107.	Talking with people on the job								
108.	Being asked for your help or advice								
108.	Shocking people								
109.	Dreaming at night								
110.	Playing ping-pong								
111.	Brushing your teeth								
112.	Swimming								
113.	Running or jogging								
114.	Listening to music								
115.	Arguing								
116.	Amusing people								
	Column Total								

117.	Being with someone you love								
118.	Studying								
119.	Sleeping late								
120.	Starting a new project								
121.	Being Stubborn								
122.	Going to the library								
123.	Watching people								
124.	Telling people what to do								
125.	Being with happy people								
126.	Watching attractive women or men								
127.	Attending an opera or ballet								
128.	Talking about other people								
129.	Having people show interest in what you have said								
130.	Going on a field trip								
131.	Telling someone you love them								
132.	Getting good grades								
133.	Taking a walk								
134.	Collecting things								
135.	Handball, paddle ball, etc.								
136.	Going to mass gatherings								
137.	Being told you have done well								
138.	Having someone say they love you								
139.	Eating snacks								
140.	Staying out late								
141.	Thinking about an interesting question								
142.	Doing physical fitness exercises								
143.	Being paid								
144.	Making a new friend								
145.	Talking about school or your job								
146.	Borrowing something								
147.	Traveling with a group								
148.	Seeing old friends								
149.	Teaching someone								
150.	Going to office parties or departmental get-together								
156.	Attending a concert								
157.	Playing with pets								
158.	Going to a play								
	Column Total								
	Grand Total All Columns								