Self-Esteem-Experts.com

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CREATE A PLEASURE LIST WORKSHEET

Instructions:

- ✓ Print the Pleasure List Worksheet and make a list of the people, places, things and activities that bring you pleasure when you think about them or when you do them.
- ✓ The next time you are feeling unhappy take out your **Pleasure List** and do something on the list or imagine yourself doing something on the list. Then, notice your attitude change.
- ✓ Shifting your focus, even for a moment, to something that you enjoy sends a clear message to your brain that says: "I deserve happiness." "I am in control of my thoughts and feelings." When you practice this activity you strengthen your self esteem muscle.

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1. Make of List of the people and pets who bring a smile to your face when you think of them:

2. Make a List of the places that bring a smile to your face when you think of them:

3. Make a list of the things that bring a simile to your face when you think of them:

4. Make a list of the things you like to do that bring you pleasure:

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