

Activity Examples

Mastery	Enjoyment	Tasks
Learn a language	Take a shower or bath	Wash the dishes
Cook a recipe	Take a walk	Do laundry
Listen to a podcast	Do yoga or stretching	Pay bills
Play a sport	Meditation	Meal planning
Try a craft project	Journal	Tidy up
Try a DIY project	Eat something delicious	Return calls or emails
Doing a puzzle	Listen to music	Check voicemail
Completing a crossword	Read a favorite book	Make Dr. appointments
Watch a documentary	Talk to a friend	Brush your teeth
Read a challenging book	Listen to the radio	Get dressed
Write	Make a cup of tea	Go grocery shopping
Watch an online lecture	Go for a bike ride	
Art	Draw	
	Play a game	
	Wrap yourself in a blanket	
	Go to bed early	

Mastery