## **List of Pleasant and Rewarding Activities**

Instructions: List desired activities and rate the difficulty of each

	ACTIVITY	DIFFICULTY:
		E = Easy
		M = Medium
		H = Hard
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		