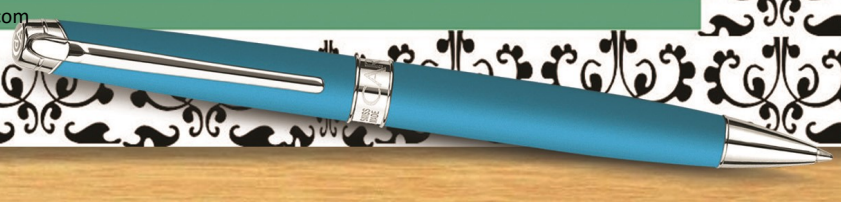
To Do List

10 Things That Give You Pleasure

Sometimes life can seem pretty hard. There may be one big thing that has made your life more difficult or perhaps there are many small situations that bother you. Even though you may be facing some hardships, it is important to remember to find things in your life that give you pleasure *every day.* Taking just a few minutes each day to do something you really enjoy will make it easier for you to cope with life's inevitable difficulties.

Dose

Do something pleasurable from this list every day.

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