



WRITTEN EXERCISE:

PAGE 2/2

FORMAT:

INDIVIDUAL  
WRITTEN  
EXERCISE,  
GROUP  
DISCUSSION

# *Taking Time for Pleasure*

Below, list 10 different activities that you particularly enjoy, that give you pleasure:

1	2
3	4
5	6
7	8
9	10

Try and remember when was the last time you did or enjoyed something that gave you pleasure and how often do you do so?

---



---



---



---



---

Identify the personal, environmental or social obstacles that have prevented you from enjoying these pleasures more often.

---



---



---



---



---

At times, it could be that our way of organising our priorities and distributing our time is governed by the logic of 'work before pleasure'. But probably your 'to do' list is interminable and thus time for pleasure never really arises.

It could also be that in your social or organisational context, the activity or practice that you consider pleasurable is socially sanctioned, particularly because it is not considered to be 'in keeping' with the life of an activist.

List three practical, achievable changes you can make to increase pleasure in your life:

- 1.
- 2.
- 3.