

131 PLEASURE PRACTICES TO DESIGN A LIFE OF PERSONAL REVERENCE

**Don't judge anything on the list, or anything you consider.

**Be willing to truly sense into what feels good, delights you, lightens you up and/or adds to your quality of life.

**Be willing to try something new or adapt it in a way that creates and works best for you.

**The more time you spend in pleasurable activities and energies, the more your life will improve.

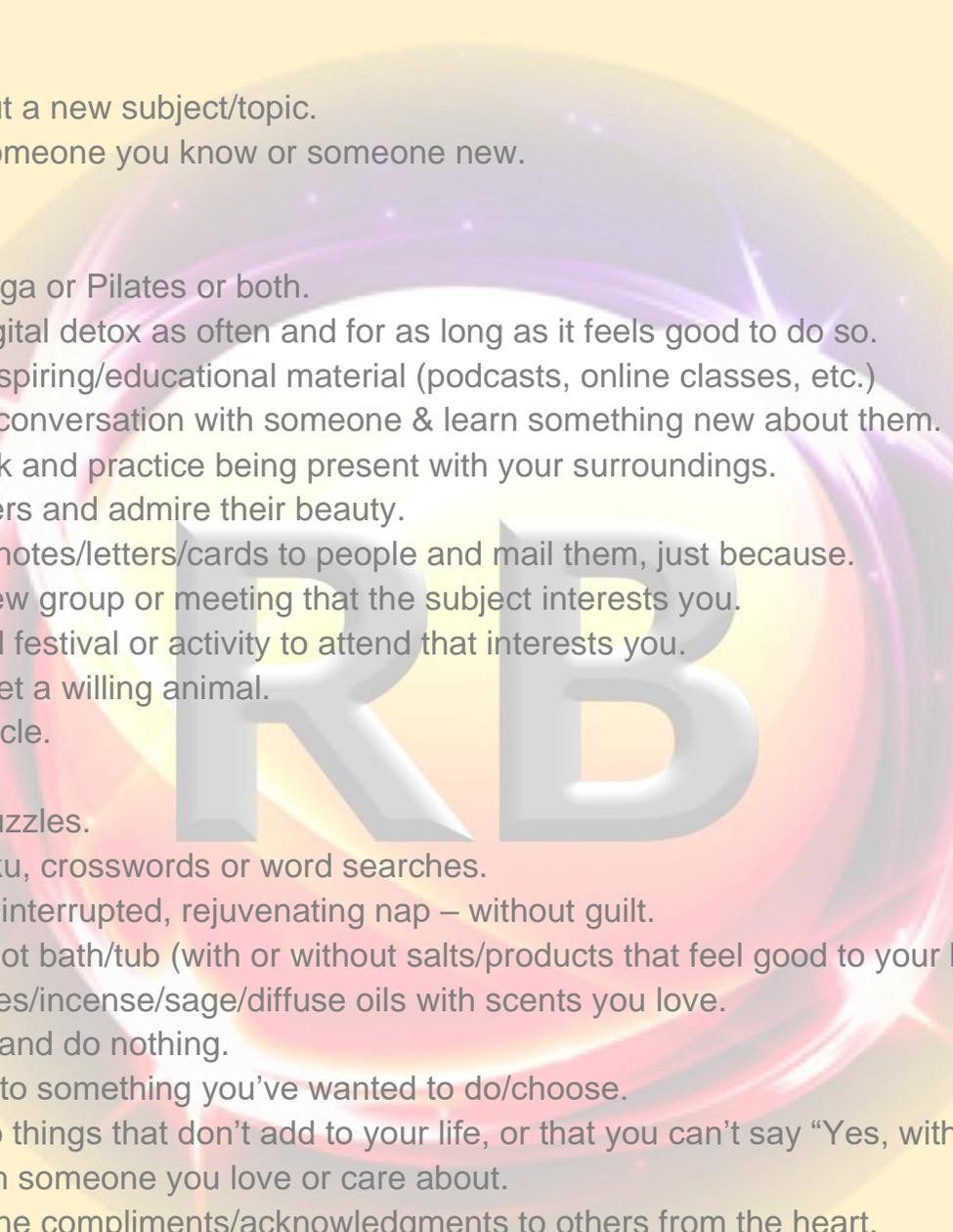
**The more focus you put on feeling good, the more your pleasure will compound and expand.

1. Breathe deeply & intentionally.
2. Meditate/pray.
3. Dance (alone or with others).
4. Listen to music.
5. Write/arrange music.
6. Sing.
7. Stretch.
8. Lay on the ground/floor with arms and legs wide open, relaxed, eyes closed.
9. Lay on the grass/ground outside and just look at the sky/cloud watch.
10. Stand barefoot in grass with powerful presence and awareness.
11. Stand barefoot on sand with powerful presence and awareness.
12. Swim.
13. Snorkel.
14. Skinny dip.
15. Lay pool side, lake side, river side or ocean side.
16. Read.
17. Knit/crochet/sew.
18. Host or attend a book club.
19. Write/journal.
20. Laugh.
21. Draw/color.
22. Paint/sculpt.
23. Cook/bake/craft or modify recipes.
24. Watch movies/funny videos.
25. Play board games or card games.
26. Work in the garden/lawn/yard/earth.
27. Clean/organize your environment(s).

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"The most Reverent Relationship you can cultivate is the one with YOU."

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28. Decorate/re-decorate your environment(s).
 29. Build something (size doesn't matter).
 30. Wash/detail vehicle(s).
 31. Play (or just stand) in the rain/splash in puddles.
 32. Bird watch.
 33. Fish.
 34. Learn about a new subject/topic.
 35. Flirt with someone you know or someone new.
 36. Kiss.
 37. Hug.
 38. Practice yoga or Pilates or both.
 39. Go on a digital detox as often and for as long as it feels good to do so.
 40. Listen to inspiring/educational material (podcasts, online classes, etc.)
 41. Engage in conversation with someone & learn something new about them.
 42. Take a walk and practice being present with your surroundings.
 43. Smell flowers and admire their beauty.
 44. Handwrite notes/letters/cards to people and mail them, just because.
 45. Attend a new group or meeting that the subject interests you.
 46. Find a local festival or activity to attend that interests you.
 47. Play with/pet a willing animal.
 48. Ride a bicycle.
 49. Jump rope.
 50. Work on puzzles.
 51. Play Sudoku, crosswords or word searches.
 52. Take an uninterrupted, rejuvenating nap – without guilt.
 53. Soak in a hot bath/tub (with or without salts/products that feel good to your body).
 54. Burn candles/incense/sage/diffuse oils with scents you love.
 55. Daydream and do nothing.
 56. Say "Yes!" to something you've wanted to do/choose.
 57. Say "No" to things that don't add to your life, or that you can't say "Yes, with pleasure".
 58. Cuddle with someone you love or care about.
 59. Give genuine compliments/acknowledgments to others from the heart.
 60. Move your body with exercise or activity that feels good to it – no matter what it is.
 61. Socialize with friends.
 62. Star-gaze at night.
 63. Find an outdoor splash pad or dancing water fountains to admire and even play in.
 64. Take photographs.
 65. Climb a tree.

66. Create videos just for the fun of it.
67. Enjoy self-pleasure/masturbation.
68. Enjoy physical intimacy/sex/copulation with someone else (Consensual only).
69. Play an instrument.
70. Volunteer/give your time, talent and energy to others.
71. Window shop and simply admire things you might like to have – just imagine.
72. Play dress up and experience how you feel in an upgraded wardrobe.
73. Ride horses.
74. Spend time on a social media app that you enjoy.
75. Travel. (Consider a different mode of transportation to shake things up.)
76. Go to a movie theater and splurge on treats you really want to enjoy during the movie.
77. Curl up at home and enjoy a movie comfortably and uninterrupted.
78. Attend a live play, symphony, concert or musical performance.
79. Take a drive somewhere you've never been, off the beaten path, just wandering.
80. Enjoy a new cocktail or "mock tail" you've never tried before.
81. Take up a new hobby or activity you've never tried before.
82. Enjoy a coffee, tea or smoothie drink slowly; savoring it and taking your time.
83. Plan and throw an intimate dinner party for people you truly enjoy spending time with.
84. Camp.
85. Get a massage.
86. Take a trip to a local orchard/farm and enjoy what's available there in nature.
87. Receive energetic body work.
88. Get a professional manicure and/or pedicure.
89. Go on a date with someone that makes you smile more than you already do.
90. Dine at a new-to-you restaurant or establishment you've wanted to try.
91. Plan (even if just imaginary) an extensive trip/vacation you dream of – in detail.
92. Visit and play at an indoor trampoline park.
93. Give a friend or a family member a break and "take over" their role for a time.
94. Blow bubbles.
95. Fly a kite.
96. Apply luxurious products on your body.
97. Feed your body food and beverages that feel good and energize it.
98. Create a vision board/dream board of all the things you'd like to have/experience that FEEL good to you when you look at it.
99. Attend a comedy club.
100. Take acting or an Improv comedy class.
101. Create an at-home spa day.
102. Splurge, if you're able, on professional spa services for yourself.

103. Try a Korean-type spa with their variety of services and offerings.
104. Find a hammock to lie in and just notice your thoughts as you chill.
105. Cloud-watch and look for shapes and faces.
106. Donate unused personal or professional items to charitable organizations.
107. Volunteer time with animal adoption organizations.
108. Stop and engage with a child and allow their zeal and enthusiasm to invigorate you.
109. Give a genuine kind acknowledgement to a stranger you cross paths with.
111. Bring fresh flowers or new plants into your spaces as often as you like.
112. Find a fresh fragrance or new scent to wear on your body.
113. Seek a new body wash product to try out with a fresh, new-to-you scent.
114. Ask your haircare professional to spend extra time massaging your head during wash/rinse.
115. Next time someone offers to do something for you (carry, lift, contribute to something) – let them!
116. Lay down, back against the floor, butt against a wall, feet up the wall.
117. Try a new-to-you support such as Reiki, Chiropractic, EFT, Sound therapy, etc.
118. Attend an ecstatic dance group session.
119. Attend a singing bowl class.
120. Attend and try out a drumming circle experience.
121. Trade skillsets with someone so you're both only doing what you really like to do.
122. Visit and explore seasonal activities such as pumpkin patches, holiday lights, parades.
123. Try an escape-room experience with friends.
124. If you share romantic/sexual intimacy with someone in your life, swap sexy texts/photos/ideas throughout the day with each other.
125. Find a book reading in your area on a topic, genre, or by an author you're into.
126. Play/try new video games with your kids or your friends.
127. If you're accustomed to doing it for yourself, if you're able to financially, pay someone to do it for you professionally. (Like face shave for men or hair-coloring for women and men.)
128. Visit a holistic wellness expo in your area and explore new items/topics/therapies.
129. Visit a brewery, winery or distillery and learn how the products are made.
130. See if your local area police or fire departments offer an opportunity for you to ride-along.
131. Ask the Universe to show you something new to try and let the awareness of it come to you. (Then say yes!)