CALIFORNIA OLDER PERSON'S PLEASANT EVENTS SCHEDULE

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Name_____ Date_____

This is a list of 66 events that people tend to find pleasant. For each event, make 2 ratings:

How often did this event happen to you in the past month?

> 0 = Not at all
> 1 = 1-6 times
> 2 = 7 or more times

How pleasant, enjoyable, or rewarding was this event?
If the event did *not* occur, then please rate how pleasant you think it *would have been* if it *had* occured.

> 0 = Was not or would not have been pleasant
> 1 = Was or would have been somewhat pleasant
> 2 = Was or would have been very pleasant

Here are two sample events with the answers properly filled in. Please remember to circle an answer for both HOW OFTEN and HOW PLEASANT for each event.

Please circle ONE number in EACH column for each item	HOW OFTEN in the past month? 0 = Not at all 1 = 1-6 times 2 = 7 or more times Circle ONE number	HOW PLEASANT was it or would it have been? 0 = Not pleasant 1 = Somewhat pleasant 2 = Very pleasant Circle ONE number
A. Winning the lottery	(0) 1 2	0 1 (2)
B. Writing a letter	0 (1) 2	0 (1) 2

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1. Looking at clouds	0	1	2	0	1	2
2. Being with friends	0	1	2	0	1	2
3. Having people show an interest in what I say	0	1	2	0	1	2
4. Thinking about pleasant memories	0	1	2	0	1	2
5. Shopping	0	1	2	0	1	2
6. Seeing beautiful scenery	0	1	2	0	1	2
7. Having a frank and open conversation	0	1	2	0	1	2
8. Doing a job well	0	1	2	0	1	2
9. Listening to sounds of nature	0	1	2	0	1	2
10. Having coffee, tea, etc., with friends	0	1	2	0	1	2
11. Thinking about myself	0	1	2	0	1	2
12. Being complemented or told I have done something well	0	1	2	0	1	2

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13. Doing volunteer work	0	1	2	0	1	2
14. Planning trips or vacations	0	1	2	0	1	2
15. Kissing, touching, showing affection	0	1	2	0	1	2
16. Being praised by people I admire	0	1	2	0	1	2
17. Meditating	0	1	2	0	1	2
18. Listening to music	0	1	2	0	1	2
19. Seeing good things happen to family or friends	0	1	2	0	1	2
20. Collecting recipes	0	1	2	0	1	2
21. Doing a project my own way	0	1	2	0	1	2
22. Seeing or smelling a flower or plant	0	1	2	0	1	2
23. Saying something clearly	0	1	2	0	1	2
24. Thinking about something good in the future	0	1	2	0	1	2
25. Looking at the stars or moon	0	1	2	0	1	2

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26. Being told I am needed	0	1	2	0	1	2
27. Working on a community project	0	1	2	0	1	2
28. Complimenting or praising someone	0	1	2	0	1	2
29. Watching a sunset	0	1	2	0	1	2
30. Thinking about people I like	0	1	2	0	1	2
31. Completing a difficult task	0	1	2	0	1	2
32. Amusing people	0	1	2	0	1	2
33. Baking because I feel creative	0	1	2	0	1	2
34. Reading literature	0	1	2	0	1	2
35. Being with someone I love	0	1	2	0	1	2
36. Having an original idea	0	1	2	0	1	2
37. Having peace and quiet	0	1	2	0	1	2
38. Listening to the birds sing	0	1	2	0	1	2
39. Making a new friend	0	1	2	0	1	2

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40. Being asked for help or advice	0	1	2	0	1	2
41. Bargain hunting	0	1	2	0	1	2
42. Reading magazines	0	1	2	0	1	2
43. Feeling a divine presence	0	1	2	0	1	2
44. Expressing my love to someone	0	1	2	0	1	2
45. Giving advice to others based on past experience	0	1	2	0	1	2
46. Solving a problem, puzzle, crossword	0	1	2	0	1	2
47. Arranging flowers	0	1	2	0	1	2
48. Helping someone	0	1	2	0	1	2
49. Getting out of the city (to the mountains, seashore, desert)	0	1	2	0	1	2
50. Having spare time	0	1	2	0	1	2
51. Being needed	0	1	2	0	1	2
52. Meeting someone new of the same sex	0	1	2	0	1	2

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53. Exploring new areas	0	1	2	0	1	2
54. Having a clean house	0	1	2	0	1	2
55. Doing creative crafts	0	1	2	0	1	2
56. Going to church	0	1	2	0	1	2
57. Being loved	0	1	2	0	1	2
58. Visiting a museum	0	1	2	0	1	2
59. Having a daily plan	0	1	2	0	1	2
60. Being with happy people	0	1	2	0	1	2
61. Listening to classical music	0	1	2	0	1	2
62. Shopping for a new outfit	0	1	2	0	1	2
63. Taking inventory of my life	0	1	2	0	1	2
64. Planning or organizing something	0	1	2	0	1	2
65. Smiling at people	0	1	2	0	1	2
66. Being near sand, grass, a stream	0	1	2	0	1	2