

Activity Planning



10 Minutes a Day



Hold yourself accountable and actively schedule time each day for those activities that make you feel good.

Monday	Activity	Completed	Mood before	Mood after

Tuesday	Activity	Completed	Mood before	Mood after

Wednesday	Activity	Completed	Mood before	Mood after

Activity Planning



Thursday	Activity	Completed	Mood before	Mood after

Friday	Activity	Completed	Mood before	Mood after

Saturday	Activity	Completed	Mood before	Mood after

Sunday	Activity	Completed	Mood before	Mood after

Instructions



1. Look back at your **Activity Monitoring** worksheet and identify those activities that made you feel good. If you completed the **Up & Down Activities** worksheet, you can use that instead. *We recommend completing these tools before, but you can also choose to come up with activities yourself.*
2. Using this worksheet, schedule feel good activities for different times of the day (morning, afternoon, evening) for the next week.
3. You can also use the **Feel Good Activities** worksheet if you need help choosing some activities to start with.
4. Now go and **do the activities** you have scheduled!
5. Once completed, place a check next to the activity you completed and rate how you felt before and after completing your activity.

Mood is rated between 0-10.

0 = very low mood

10 = very good mood

Tips:

- Print your plan and put it in a place where you can not miss it.
- Start with 2-3 of the easiest activities to complete and then gradually choose more difficult ones.
- Schedule activities on the day and time you think you could reasonably complete them.
- Do not get discouraged if you aren't able to complete all of the activities. Try to reschedule the activity or do something else instead.