

Behavioural Activation worksheet

What enjoyable activities would I like to do this week? Are they realistic and measurable?

Rank these activities from easiest to hardest and start with easiest. You can break the harder activities into smaller steps to make them easier.

Easiest	Medium	Hardest

Who or what can support me to make this easier?

--

How will I plan for and overcome any obstacles that might make me want to avoid this activity?

--

How did I reward myself for doing this activity despite feeling low and tired?

--

