

Behavioural activation planner

It is important to take time in your day for some positive activities. At times, this can be very hard and we might feel unmotivated. However, positive activities can be used to replace negative ones. In addition to that, activities like this can help you explore and understand the relationship between what you do and how you feel.

First, list five activities you enjoy:

1. _____
2. _____
3. _____
4. _____
5. _____

Try doing at least one activity every day. Use the table below to record what you did, and how did you feel before and after completing the activity.

	What did you do?	Feelings before	Feelings after
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			