

## Resource sheet 7.3

### The activity schedule

- Every day think of *one* activity that is an *achievement* for you (e.g. getting out of bed, taking a shower, doing the recycling or hanging out the washing). Rate the activity on a 5-point scale (1 = very little sense of achievement, 5 = great sense of achievement). Do not judge yourself too harshly; for example, getting dressed might be a great achievement.
- Every day think of *one* activity that gives you a sense of pleasure. If you are finding it difficult to enjoy things at the moment, plan an activity that you would have previously enjoyed. You may need to be creative; for example, drive to the ocean and watch the waves instead of going on a long coastal walk. Rate your pleasure on a 5-point scale (1 = very little pleasure, 5 = great pleasure). Try a range of activities in spite of how you are feeling.
- Monitor your progress. But as open as you can to others' suggestions: practise saying 'yes' to a suggestion at least once every few days, even if you feel like saying 'no'.

Day	Activity (a.m.)	Pleasure (1-5)	Achievement (1-5)	Activity (p.m.)	Pleasure (1-5)	Achievement (1-5)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						