

Step 2: Choose two of these activities

Pick two activities that are most practical for you to begin changing now. Your first two choices should be from different areas.

Activity 1:

Activity 2:

Step 3: Set realistic goals

Try setting some goals that would be realistic to do this week. Decide how often or for how long you will do the activity, and when you will do it.

Now write your goals:

Activity	How often?	When exactly?
1.		
2.		

Step 4 Carry out your goals

It's important to realize that you probably won't feel like doing your planned activities. In depression, your motivation to do things is much less than usual. But if you wait until you feel like it, it is likely that it won't happen. Do the activity because you set a goal for yourself and because it will help you get better. After you've done and checked off each goal, you will see what you've accomplished.

Step 5: Review your goals

After two weeks of doing these activities, review the situation.

- Do you want to increase the activities slightly or keep doing them at the same level until it feels pretty comfortable? It's your choice.
- This is a good time to add another activity. Pick one from another area. For example, if you had Self-Care and Personally Rewarding Activities goals before, choose one from Involvement with Family & Friends or from Small Duties.

Activity	How often?	When exactly?
3.		

- Set your 3 activity goals.
- Write them in your schedule.
- Check off each activity as you do it.
- Praise yourself each time.
- Review the goals every two weeks to decide if they need modification and whether you are ready to add a new goal.

Eventually, you'll be working on 3-4 activities at a time or maybe more. Don't get carried away, though: having too many goals can get overwhelming.

Weekly activity schedule: plan a balance of activities over the coming week including self care, small duties, involvement with family and friends, and personally rewarding activities. So that you can learn more about the link between what you do and how you feel we suggest you record your mood next to each activity, scoring from 0-10, where 10 is the worst you could feel and 0 is not feeling at all down or depressed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							