

PLEASANT ACTIVITIES

It is important to schedule activities that will lead to mood improvement, rather than waiting for one's mood to improve and following with pleasant activities, as the activities work to improve your mood!

Create your own list of activities that you find enjoying or rewarding. Rate the activity in both categories below. Plan to do at least 2 activities daily starting with those that are most rewarding and are least difficult.

Scale 1-10: 10 being most rewarding and 1 being least rewarding

Easy-medium-hard: Identify the ease of how you could complete and engage in this activity

Rate your mood before and after the activity using the same scale 1-10.

ACTIVITY	EASY, MEDIUM, HARD	REWARD (1-10)