



My activities

An Everyday Insight tool
mybehavioralactivation.com



Write each activity under how hard it feels. Your list puts easier ones first, since starting there and working up is part of the method.

Name _____

Date _____

Activity	Smallest version	What it's for	Area of life
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Easier You could probably do it even on a bad day.

In between Doable on an ordinary day, with a little push.

Harder Takes real effort, or it's something you've been avoiding.

What it's for. Any that fit. Enjoyment, Accomplishment, Connection, Routine, Self-care, Meaning, or Facing something I've been avoiding.

Area of life. One of the five: Relationships · Work, school, and volunteering · Fun and interests · Body, mind, and spirit · Everyday responsibilities





Activity ideas

Add any that fit your life to your list, then plan them from there. Choose what's safe for you, and check with a doctor if you have health limits.

Relationships

- Text someone you haven't talked to in a while
- Call a family member for ten minutes
- Eat a meal with someone
- Reply to one message you've been putting off
- Invite a friend for coffee or a walk
- Write a short note to someone
- Play a game with a friend or your kids
- Ask someone how their week went, and listen

Fun and interests

- Listen to an album you used to love
- Cook something new
- Spend 20 minutes on an old hobby
- Watch a favorite movie on purpose, not just scrolling
- Visit a library, park, or museum
- Draw, write, or play music for 15 minutes
- Do a puzzle
- Plan a small outing for the weekend

Everyday responsibilities

- Do the dishes
- Start one load of laundry
- Take out the trash
- Pay one bill
- Make one phone call you've been putting off
- Put away five things
- Make your bed
- Buy groceries for the next few days

Smallest version

If the full thing feels like too much, what's the smallest useful version?

- Walk around the block, or walk to the corner and back
- Clean the kitchen, or clear one counter
- Call Grandma, or send her a voice message
- Go to the gym, or stretch for five minutes at home

Work, school, and volunteering

- Answer one email
- Spend 15 minutes on a task you've been putting off
- List what's due this week
- Tidy your desk or bag
- Read one chapter or article for work or class
- Look up one volunteer opportunity nearby
- Ask a coworker or classmate one question
- Update one part of your résumé

Body, mind, and spirit

- Walk around the block
- Stretch for five minutes
- Shower and get dressed
- Sit outside for ten minutes
- Eat lunch away from your screen
- Go to bed at your usual time
- Spend time in prayer, meditation, or reflection
- Go to a religious service or community gathering

What it's for

Enjoyment

Something you might like or find interesting.

Accomplishment

Getting something done, even if it isn't fun.

Connection

Time or contact with other people.

Routine

Regular parts of the day, like meals, a shower, or a set bedtime.

Self-care

Looking after your body and health.

Meaning

Something that fits what matters to you.

Facing something I've been avoiding

Approaching something you've been putting off or staying away from.

