

# Worksheet

Professional Version | US English

# Activity Planning



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## Description

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Research suggests that activity is more likely to be completed if it is planned and scheduled in advance, particularly in clients who are suffering from depression.

This *Activity Planning* worksheet encourages clients to plan specific activities in 'morning', 'afternoon', and 'evening' slots for a week.

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## Instructions

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For *activity scheduling* clients should be instructed to plan and schedule desired activities in advance, to record whether the scheduled activities were completed, and to record how they felt as a result of these activities.

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## References

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Jacobson, N.S., Dobson, K.S., Truax, P.A., Addis, M.E., Koerner, K., Gollan, J.K., Gortner, E. and Prince, S.E. (1996). A component analysis of cognitive-behavioral treatment for depression. *Journal of Consulting and Clinical Psychology*, 64(2), 295-304.

# Activity Planning

Part of feeling good is about planning and carrying out activities that we enjoy. Try to plan an activity you enjoy for the morning, afternoon, and evening over the next week. Record how you feel when you complete one of these. Try to include a mix of activities with other people as well as activities you do on your own.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Get myself a coffee from the nice coffee shop near work  Feel: indulged			Work from home and not have a shower!  Feel: at ease		Volunteer at the children's center - they always cheer me up  Feel: enlivened	
Afternoon		Go and get lunch with friend from work instead of eating at my desk  Feel: like she cares			walk back from the meeting via the river and eat lunch while watching the swans  Feel: peaceful	Go shopping for myself  Feel: hard to get enthused	Meet up with sian to go for a walk with her new dog  Feel: happy
Evening	Cook myself something healthy  Feel: like I'm taking care of myself	Do the supermarket shop but listen to a funny podcast at the same time  Feel: 'light'	Go to choir practice - it makes me feel uplifted  Feel: uplifted		stay in and put my feet up - and give self permission not to feel guilty about it  Feel: worn out		Go and have dinner with family  Feel: oppressed

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## Resource details

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