

Summary of Steps for Adding Positive Activities to Your Life

STEP 1:

- Identify specific activities or situations associated with positive mood which can be added into your day.
- Add the activities to the activity list on your log.

STEP 2:

- Schedule each activity by noting which day you will do the activity with a '/'
- Do the activity on the scheduled day whether you feel motivated to do the activity or not
- Mark the completion of the activity with a 'x.'

Once you have a two or three weeks of activities completed you may notice an association between mood and activities.

STEP 3:

- Revise or modify this "list" based on your changing needs and observations about what works and what doesn't work.

