

MY ACTIVITY PLANNER

Use your Planner and Review sheets to plan each activity. Plan a balance of activities over the days and week. Choose things you Value and give a sense of Pleasure, Achievement or Closeness. Build things up over a few weeks so you end up with one activity planned in each part of the day. Leave some gaps for the unexpected things that crop up. Have some time just for you.

Get into a **routine**- a time to get up, eat, go to bed, and do the household chores, or perhaps to go for a walk, meet friends or attend a regular class.

Plan in the **key essentials** that otherwise will build up and cause you problems- paying bills, cutting the lawn, doing the washing up, ironing, having a hair cut etc.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

