

## Activity Planning and Mood Monitoring

This schedule contains a wide range of example activities. Some of the activities are simple day-to-day items and other activities represent larger scale challenges or events.

The purpose of this exercise is to identify, schedule, complete and rate your satisfaction levels for between five and thirty activities each week.

The exercise is completed in two parts. Part one involves working through the full list and identifying those activities that you are able or prepared to commit to over the next four weeks. Provide a check-mark in the column to indicate if you are able or prepared to commit to the activity. The activities that you identify in part one of the exercise should be carried forward to part two and distributed fairly evenly over each week.

**Part One** – Identify the activities that you are willing to commit to by ticking the corresponding box.

Activity	Yes
<b>Purposeful Activities</b>	
Job hunting, updating my CV or applying for a course	<input type="checkbox"/>
Reviewing and sorting out my finances	<input type="checkbox"/>
Recycling or clearing out old clothing and unwanted items	<input type="checkbox"/>
Jogging or running	<input type="checkbox"/>
Shopping for food and other essentials	<input type="checkbox"/>
Cleaning and tidying my home	<input type="checkbox"/>
Undertaking home improvements or repairing something around the house	<input type="checkbox"/>
Working on my car or bicycle	<input type="checkbox"/>
Wearing smart or sexy clothing for a meeting or event	<input type="checkbox"/>
Buying or selling stocks	<input type="checkbox"/>
Gardening or taking care of my plants	<input type="checkbox"/>
Working out at the gym	<input type="checkbox"/>
Praying or going to church	<input type="checkbox"/>
Preparing the garden for the spring / autumn	<input type="checkbox"/>
Cooking or preparing healthy meals in advance	<input type="checkbox"/>
Writing a story, poem or article	<input type="checkbox"/>
Working on a key project	<input type="checkbox"/>
Attending a lecture or education event	<input type="checkbox"/>
Restoring furniture or precious items	<input type="checkbox"/>
Flying a plane	<input type="checkbox"/>
Working for a charity or volunteering for something local	<input type="checkbox"/>
Writing diary entries or letters	<input type="checkbox"/>
Cleaning the car	<input type="checkbox"/>
Doing woodwork or carpentry	<input type="checkbox"/>
Joining a debating group	<input type="checkbox"/>
Making a contribution to a charitable group	<input type="checkbox"/>
Rearranging or redecorating my room or house	<input type="checkbox"/>
Writing or practicing a speech or presentation	<input type="checkbox"/>
Getting involved with local politics	<input type="checkbox"/>
Speaking or learning a foreign language	<input type="checkbox"/>

Going to a business meeting or convention	<input type="checkbox"/>
Designing or drafting plans	<input type="checkbox"/>
Giving a speech or lecture	<input type="checkbox"/>
Making a major purchase or investment	<input type="checkbox"/>
Undertaking a health check or visiting the doctor to resolve a problem or worry	<input type="checkbox"/>
Improving my health; get my teeth checked, get new glasses, changing my diet	<input type="checkbox"/>
Getting involved with causes I believe in; social, political or environmental	<input type="checkbox"/>
Doing odd jobs around the house	<input type="checkbox"/>
Clearing out a drawer or cupboard	<input type="checkbox"/>
Getting therapy or counselling for a problem	<input type="checkbox"/>
Saying prayers	<input type="checkbox"/>
Doing housework or laundry	<input type="checkbox"/>
Selling or trading something	<input type="checkbox"/>
Learning a new computer skill	<input type="checkbox"/>
Cleaning the windows	<input type="checkbox"/>
Taking rubbish to the tip or refuse dump	<input type="checkbox"/>
Writing to a local representative or MP about an important issue	<input type="checkbox"/>
Clearing out a shed or garden area for the new season	<input type="checkbox"/>
Washing and ironing clothing	<input type="checkbox"/>
Going to a health club	<input type="checkbox"/>
<b>Rewarding Activities</b>	
Soaking in the bathtub	<input type="checkbox"/>
Cooking a special meal	<input type="checkbox"/>
Buying a household item or gadget	<input type="checkbox"/>
Undertaking an exercise class such as Spin, Pilates, Zumba or Circuit Training	<input type="checkbox"/>
Arranging flowers	<input type="checkbox"/>
Painting or drawing a picture	<input type="checkbox"/>
Searching for something specific on the internet	<input type="checkbox"/>
Buying a CD or record	<input type="checkbox"/>
Watching sports on TV	<input type="checkbox"/>
Baking a cake	<input type="checkbox"/>
Getting a haircut or colour	<input type="checkbox"/>
Setting up an aquarium	<input type="checkbox"/>
Combing or brushing my hair	<input type="checkbox"/>
Making preserves or freezing foods	<input type="checkbox"/>
Doing experiments or other scientific work	<input type="checkbox"/>
Going to a barber or hair stylist	<input type="checkbox"/>
Going to the library	<input type="checkbox"/>
Building or watching a fire	<input type="checkbox"/>
Surfing the internet	<input type="checkbox"/>
Going for a walk in a pleasant location	<input type="checkbox"/>
Collecting things e.g. coin, shells, stamps or postcards	<input type="checkbox"/>
Planning a holiday or short break	<input type="checkbox"/>
Relaxing with a favourite TV programme	<input type="checkbox"/>
Going to see a film	<input type="checkbox"/>
Listening to a piece of music	<input type="checkbox"/>

Lying in the sun	<input type="checkbox"/>
Walking in the rain when it's OK to get wet	<input type="checkbox"/>
Reading a magazine or newspaper	<input type="checkbox"/>
Researching a new hobby such as drawing, photography or model building	<input type="checkbox"/>
Going on a bike ride	<input type="checkbox"/>
Starting or practicing a martial art such as karate, judo or Tai Chi	<input type="checkbox"/>
Going on a train or bus journey	<input type="checkbox"/>
Going shopping for a personal treat or luxury item	<input type="checkbox"/>
Researching and buying a new or unusual plant	<input type="checkbox"/>
Going swimming	<input type="checkbox"/>
Playing football, golf, squash or tennis	<input type="checkbox"/>
Doing a jigsaw	<input type="checkbox"/>
Flying a kite	<input type="checkbox"/>
Riding a motorcycle	<input type="checkbox"/>
Going camping	<input type="checkbox"/>
Singing to my favourite music at home	<input type="checkbox"/>
Going to the beach	<input type="checkbox"/>
Going ice skating	<input type="checkbox"/>
Going boating	<input type="checkbox"/>
Doing needlepoint, knitting, cross-stitch etc.	<input type="checkbox"/>
Driving for pleasure	<input type="checkbox"/>
Going to a nightclub	<input type="checkbox"/>
Going fishing or birdwatching	<input type="checkbox"/>
Visiting a place of interest or historical site	<input type="checkbox"/>
Learning / playing a musical instrument	<input type="checkbox"/>
Doing arts and crafts	<input type="checkbox"/>
Going on a long hike	<input type="checkbox"/>
Going out to lunch to a favourite restaurant or pub	<input type="checkbox"/>
Walking at the seaside	<input type="checkbox"/>
Sightseeing in a city	<input type="checkbox"/>
Going to a beauty salon	<input type="checkbox"/>
Morning coffee / tea and newspaper	<input type="checkbox"/>
Going to a play or comedy club	<input type="checkbox"/>
Listening to a favourite radio programme	<input type="checkbox"/>
Walking in the woods or on a countryside trail	<input type="checkbox"/>
Travelling to a national park	<input type="checkbox"/>
Doing a crossword or quiz	<input type="checkbox"/>
Watching a spectator sport such as football, horse-racing or cricket	<input type="checkbox"/>
Attending a photography group or lesson	<input type="checkbox"/>
Playing with animals or walking the dog	<input type="checkbox"/>
Acting or joining a drama group	<input type="checkbox"/>
Going to a concert	<input type="checkbox"/>
Dance classes	<input type="checkbox"/>
Going on a picnic or barbeque	<input type="checkbox"/>
Going to a pub quiz	<input type="checkbox"/>
Playing cards	<input type="checkbox"/>
Playing snooker or pool	<input type="checkbox"/>

Going to a museum or gallery	<input type="checkbox"/>
Buying a book	<input type="checkbox"/>
Taking a sauna or specialist beauty treatment	<input type="checkbox"/>
Sailing or canoeing	<input type="checkbox"/>
Going skiing or snowboarding	<input type="checkbox"/>
Going bowling	<input type="checkbox"/>
Sitting in a café and people watching	<input type="checkbox"/>
Listening to live music	<input type="checkbox"/>
Going to a country or craft fair	<input type="checkbox"/>
Organising a make-over	<input type="checkbox"/>
Going to a fair, carnival, circus, zoo or amusement park	<input type="checkbox"/>
Choosing a new perfume, cologne or aftershave	<input type="checkbox"/>
Getting up early in the morning to watch the sunrise	<input type="checkbox"/>
Playing ping-pong	<input type="checkbox"/>
Playing Frisbee or catch in the park	<input type="checkbox"/>
Playing video games	<input type="checkbox"/>
Going to auctions, boot fairs or garage sales	<input type="checkbox"/>
Entering a competition	<input type="checkbox"/>
Reading cartoons, comic strips or comic books	<input type="checkbox"/>
Going to an opera or ballet	<input type="checkbox"/>
Going horse-riding	<input type="checkbox"/>
Rock climbing or mountaineering	<input type="checkbox"/>
Reading the scriptures or other sacred works	<input type="checkbox"/>
Organising a favourite take-away	<input type="checkbox"/>
Doing craftwork; pottery, jewellery, leather, beads or weaving	<input type="checkbox"/>
Washing my hair and pampering myself	<input type="checkbox"/>
Going to an unusual or unknown restaurant	<input type="checkbox"/>
Sleeping late	<input type="checkbox"/>
Water skiing, surfing or scuba diving	<input type="checkbox"/>
Researching and planning a holiday	<input type="checkbox"/>
Training for a race or physical challenge such as a fun-run or marathon	<input type="checkbox"/>
<b>Compassionate Activities</b>	
Practicing taking deep breaths and relaxing for 30 minutes	<input type="checkbox"/>
Teaching someone to do something	<input type="checkbox"/>
Being assertive with a difficult person in my life	<input type="checkbox"/>
Apologising for something I have done wrong	<input type="checkbox"/>
Borrowing something and taking it back when finished	<input type="checkbox"/>
Undertaking Mindfulness practice, yoga or another form of meditation	<input type="checkbox"/>
Singing with choir	<input type="checkbox"/>
Organising or going to a reunion	<input type="checkbox"/>
Discussing books or joining a book club	<input type="checkbox"/>
Coaching someone in a skill	<input type="checkbox"/>
Joining a film club or cinema group	<input type="checkbox"/>
Meeting a friend for a coffee or catch up	<input type="checkbox"/>
Going on a date or out for a meal	<input type="checkbox"/>
Visiting a family member or friend	<input type="checkbox"/>

Looking at happy photos and reminiscing about the past with a friend or partner	<input type="checkbox"/>
Spending an evening with good friends	<input type="checkbox"/>
Meeting new people at a social event or gathering	<input type="checkbox"/>
Having a pamper party	<input type="checkbox"/>
Organising or going to a party	<input type="checkbox"/>
Playing a board game with a friend or family member	<input type="checkbox"/>
Having a discussion with a neighbour	<input type="checkbox"/>
Organising or attending a family get-together	<input type="checkbox"/>
Planning an intimate time	<input type="checkbox"/>
Visiting an old friend	<input type="checkbox"/>
Organising drinks or a dinner party	<input type="checkbox"/>
Flirting or asking someone out	<input type="checkbox"/>
Buying, making or giving a gift to someone	<input type="checkbox"/>
Buying clothes for children or family members	<input type="checkbox"/>
Looking after or babysitting children	<input type="checkbox"/>
Taking children on an outing	<input type="checkbox"/>
Having a political discussion with someone	<input type="checkbox"/>
Showing old photos or family albums	<input type="checkbox"/>
Talking on the phone to a friend or family member	<input type="checkbox"/>
Lighting candles to remember someone	<input type="checkbox"/>
Making up with someone I have fallen out with	<input type="checkbox"/>
Going to a civic, community or social club meeting	<input type="checkbox"/>
Organising a surprise for my parents, siblings or children	<input type="checkbox"/>
Having a frank and open conversation to clear the air	<input type="checkbox"/>
Visiting someone who is sick, shut in or in trouble	<input type="checkbox"/>
Planning or organising a party or event	<input type="checkbox"/>
Joining an internet group or club	<input type="checkbox"/>
Having friends to visit	<input type="checkbox"/>
Introducing people who I think would like each other	<input type="checkbox"/>
Helping someone that I know is in need	<input type="checkbox"/>
Counselling someone	<input type="checkbox"/>
Making the time to tell someone that I love or respect them	<input type="checkbox"/>
Inviting someone new out	<input type="checkbox"/>
Giving a massage	<input type="checkbox"/>
Joining a support or self-help group	<input type="checkbox"/>
Having houseguests	<input type="checkbox"/>
Asking for help or advice from someone I trust	<input type="checkbox"/>
Smiling at people to see how they react	<input type="checkbox"/>
Remembering a departed friend or loved one by visiting the cemetery	<input type="checkbox"/>
Staying up late for a show or evening with friends	<input type="checkbox"/>
Travelling with a group	<input type="checkbox"/>
Mentoring someone	<input type="checkbox"/>
Going to a local pub or club and making conversation	<input type="checkbox"/>

**Part Two** – List the activities for each week using this simple schedule. This will provide a structured diary of commitments for the week. Rate your level of satisfaction and overall mood once each activity is completed:

Week Commencing:			
Day	Activity	Level of Satisfaction (Rate 0-10)	Overall Mood (Rate 0-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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Monday			
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Day	Activity	Level of Satisfaction (Rate 0-10)	Overall Mood (Rate 0-10)
Monday			
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