

Behavioural Scheduling

Complete this log to plan regular activities and tasks that are consistent with your personal goals and values. Record the date in the first column. Use the middle three columns to plan purposeful, rewarding and compassionate activities in advance. Record your mood at the end of each day in the final column.

Date	Purposeful Activities Promoting Responsibility, Achievement and Satisfaction	Rewarding Activities Promoting Pleasure, Interest and Enjoyment	Compassionate Activities Promoting Kindness, Bonding and Connection	Mood (0-100%)