

FILL IN YOUR DIARY

Write down the things you do. Include things like getting dressed, talking to a friend on the phone, washing your hair etc.

Then score them out of 10 for pleasure, the sense of achievement/satisfaction, and for how much it makes you feel close to other people. Doing this will help you understand what's good in your life, and also to realise what's missing.

The first few spaces are filled in to show you how to do it.

Activity	Value /importance to you (0-10)	Pleasure (0-10)	Achievement (0-10)	Closeness (0-10)
<i>Talking to Sarah on the phone</i>	<i>8</i>	<i>9</i>	<i>4</i>	<i>9</i>
<i>Cleaning the house by yourself</i>	<i>6</i>	<i>2</i>	<i>8</i>	<i>0</i>
My morning activities				
My afternoon activities				
My evening activities				



CHECKLIST: WHAT ABOUT THINGS YOU'VE STOPPED DOING?

Your list might not contain all the things you like to do, so have a look through the list below and tick the one's that apply to you – things you used to enjoy but haven't felt like doing lately.

- Enjoying sport
- Seeing your friends
- Listening to music
- Watching a film
- Throwing parties or going to them
- Watching TV
- Phoning or texting friends
- Gardening/looking after plants
- Going for a walk
- Doing exercise
- Going to a class or club
- Playing a musical instrument
- Reading a good book
- Doing drama
- Going to church, mosque, temple or synagogue
- Pursuing a hobby
- Spending time with family
- Preparing a healthy snack/meal for myself

THINGS THAT GIVE YOU A LIFT

Now make a list of things that help you feel better. Use the happy list and this checklist and pick out the things you did that you enjoyed, gave you a sense of achievement/value or made you feel close to others.

Write them down here.

