

ENTERHEALTH RANCH

ADDICTION TREATMENT

My Activities Plan from eLesson: Treating Depression

Here is a copy of the “My Activities Plan” that you can print out and use on a daily basis.

MY ACTIVITIES PLAN

Date: _____

Activity #1: _____

Alternative: _____

I'll remind myself: _____

I'll know I'm successful if: _____

Activity #2: _____

Alternative: _____

I'll remind myself: _____

I'll know I'm successful if: _____

Activity #3: _____

Alternative: _____

I'll remind myself: _____

I'll know I'm successful if: _____

Remember, you need to do at least two activities a day to really help your depressive feelings improve significantly (as long as you are also following the other recommendations that I discuss in the chapter).