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).