

Positive Activity Worksheet



Doing positive activities can help you improve your mood and make you feel back in control of your life. Use this worksheet to select, make time for, and plan more positive activities.

1. Identify and Plan One or More Activities

Either look over the Choosing Positive Activities list or create your own list of two to three activities that you can try. Include some activities that worked in the past to make you feel better. Pick at least one activity you can do by yourself and one social activity that involves someone else.

- _____
- _____
- _____

2. Schedule Activities in a Calendar

Choose a day and a time when you can do one or more of these activities (even for a short while) in the next week. Write them on the calendar below.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

List anything else you need to make sure you can do the activity (bring supplies, make sure my friend is available, check to see if the park is open).
