

Activity Scheduling

Write down at least several activities you want to plan for each day. Then think of several activities in each of the following categories and spread them out throughout the week and some possibly over the next two weeks. Make a start on some of those bigger jobs, for example: 'spend an hour this week checking out the jobs market online'.

Pleasurable activities

Activities that accomplish something

What I can do to begin to approach things I have been avoiding

Activates that fit with my values

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 7 am							
7 – 8 am							
8 – 9 am							
9 – 10 am							
10 – 11 am							
11 – 12 noon							
12 noon– 1 pm							
1 – 2 pm							
2 – 3 pm							

3 – 4 pm							
4 – 5 pm							
5 – 6 pm							
6 – 7 pm							
7 – 8 pm							
8 – 9 pm							
9 – 10 pm							
10 – 11 pm							
11 – 12 pm							