

Step 2: Identify Ignored Important Things

Some activities in your daily routine may seem difficult or boring. Perhaps, looking after yourself, cleaning, or paying bills—these all can seem to be too much when you feel down. However, ignoring these essentials end up making you feel worse. So, what do you do? Pick one thing that was not in your activity log (previous exercise) but *should* have been, & do it—now! Pay that bill, make that call, tidy your room. You will feel much better after & can add it to your activity log & put a 10 in the achievement box!

Step 3: Make A List Of The Things You Enjoy

Review your activity log & choose the things you did that scored highly for pleasure or closeness to others & write them in the space below.

Step 4: Identify What You Have Stopped Doing

Your activity log may not include all things you like to do. Take a look at this list & check off the items that apply to you—even things you used to enjoy but have not felt like doing recently. Add the items you check off to your list in step 3 if they apply.

- Enjoying sports
- Going out with friends
- Listening to music
- Watching a movie
- Throwing parties or going to them
- Watching TV
- Phoning or emailing friends
- Gardening/looking after plants
- Going for a walk
- Playing with pets
- Doing exercise
- Going to a class or club
- Playing a musical instrument
- Reading a good book
- Cooking or baking for pleasure
- Going to church, mosque, temple, or synagogue/practicing your spiritual beliefs
- Helping other people

Well Checked!

Step 5: Find Something To Get Up For

Create yourself a routine to get you out of bed in the morning. Walk the dog, shower, make oatmeal for breakfast, go to the grocery store for ingredients for dinner—or whatever applies to you. Still not motivated? Make the most of the activities you *can* do.

Keys To Rebuilding Your Routine:

- Add something that involves others (phoning your dad, going for a walk with your friend)
- Be sure it is a *daily* routine—choose something every single day that you must get up & out of bed to do.

Remember: the less you do, the worse you feel, & the worse you feel, the less you do.

Step 6: Make A Plan!

Part of the reason why we feel worse when we stop doing things is that we usually avoid the things we like to do first. To start them up again, you need to choose good things to fill your day. Just start with one thing! This is the next step of your big plan—to look through the lists you have made in previous steps & pick **one** of them. Choose **one** that gives you pleasure, a sense of achievement, or makes you feel close to others. Just **one**!

Write your one thing in **BIG LETTERS** here: _____

Don't do this all at once! Break it into tiny pieces & do them one at a time in easy steps.

Think about & write down small steps you can take towards doing your chosen activity again. Make them really small & non-scary! Be easy on yourself.

1. I'm going to _____
2. Then, I'm going to _____
3. Next, I'm going to _____
4. Then, I'm going to _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What If Something Gets In Your Way?

After writing your plan, think about what could stop you from doing it. Perhaps, other people? When you have figured out what could block your progress, make a mini-plan to get around it. This is termed **unblocking**. Now you will be ready for whatever happens!

Pat Yourself On The Back!

As you carry out your plan, think about how it helped you feel better or closer to people. Give yourself a pat on the back each evening for the things you achieved that day. Even jot them down for future motivation!

Step 7: Check Your Plan

Is It Realistic?

You're not planning to run a marathon, are you?

Are You Aiming At Just One Thing?

Don't try & do more than one item on your list. You can always pick another when you've sorted out the first one.

Is It Slow?

There's no need to rush things. Your plan can take as long as you like, as long as you stick to it, step-by-step.

Is It Easy?

Make your steps small & easy so you will be more likely to do them.

Are You Ready To Unblock It?

Have you thought about what could go wrong & how to deal with it?

FIVE CHECKS? ✓✓✓✓✓—THEN GO FOR IT!