

Behavioural Activation 1

What I am going to do to BOOST my enjoyment this week.....	What small things I am going to do to reconnect to others this week.....
What I plan to do to record and notice small accomplishments every day this week – for example completing small chores, tackling small problems I have been avoiding.....	What I plan to do to notice my personal strengths this week.....
What pleasurable activities I plan to do this week to develop my personal interests.....	What I plan to do this week to reconnect to, and notice, nature