

MY ACTIVITY DIARY

From the workbook
*Doing Things That
Boost How You Feel*



DATE AND TIME	ACTIVITY Include everything you do. How long did you do it for?	PLEASURE FELT	WHAT IS THE VALUE / IMPORTANCE TO YOU OF THE ACTIVITY?	SENSE OF CLOSENESS TO OTHERS
Morning		0 = no pleasure 10 = maximum pleasure	0 = not important at all 10 = maximum importance	0 = no closeness 10 = maximum closeness
Afternoon		0 = no pleasure 10 = maximum pleasure	0 = not important at all 10 = maximum importance	0 = no closeness 10 = maximum closeness
Evening		0 = no pleasure 10 = maximum pleasure	0 = not important at all 10 = maximum importance	0 = no closeness 10 = maximum closeness