

Place a tick next to any activity you would be prepared to pursue in the next week.

Place a circle next to any activity you would like to try in the next few months.

• Social activities		• Creative activities	
<input type="checkbox"/>	Visit somebody	<input type="checkbox"/>	Write a poem
<input type="checkbox"/>	Write a letter or a card	<input type="checkbox"/>	Paint a picture
<input type="checkbox"/>	Telephone a friend	<input type="checkbox"/>	Cook a meal
<input type="checkbox"/>	Go out for a social drink	<input type="checkbox"/>	Decorate a room
<input type="checkbox"/>	Go to a restaurant	<input type="checkbox"/>	Play an instrument
<input type="checkbox"/>	Invite a friend around	<input type="checkbox"/>	Do some DIY
<input type="checkbox"/>	Buy a present for somebody	<input type="checkbox"/>	Sewing or knitting
<input type="checkbox"/>	Ask for a cuddle	<input type="checkbox"/>	Make a model
<input type="checkbox"/>	Be with children	<input type="checkbox"/>	Write a diary
<input type="checkbox"/>	Do something for somebody	<input type="checkbox"/>	Sing a song
<input type="checkbox"/>	Have a good conversation	<input type="checkbox"/>	Pick flowers
<input type="checkbox"/>	Be with my family	<input type="checkbox"/>	Sit in the sun
<input type="checkbox"/>	Give a party	<input type="checkbox"/>	Rearrange the furniture
<input type="checkbox"/>	Go to a party	<input type="checkbox"/>	Paint a room
<input type="checkbox"/>	Make a new friend	<input type="checkbox"/>	Dance
<input type="checkbox"/>	Compliment or praise somebody		Restore an antique
<input type="checkbox"/>	Be with someone you love		
• Recreational activities		• Self-care activities	
<input type="checkbox"/>	Go to church	<input type="checkbox"/>	Buy something for myself
<input type="checkbox"/>	Go to the zoo, fair or circus	<input type="checkbox"/>	Wear something nice
<input type="checkbox"/>	Go for a walk	<input type="checkbox"/>	Relax in a warm bath
<input type="checkbox"/>	Listen to music	<input type="checkbox"/>	Have a massage or sauna
<input type="checkbox"/>	Read a novel, magazine or newspaper	<input type="checkbox"/>	Watch a favourite television programme
<input type="checkbox"/>	Go to the cinema	<input type="checkbox"/>	Go to the hairdresser
<input type="checkbox"/>	Go for a jog	<input type="checkbox"/>	Buy food I like
<input type="checkbox"/>	Gardening	<input type="checkbox"/>	Put on make up, do hair
<input type="checkbox"/>	Go swimming	<input type="checkbox"/>	Take a nap
<input type="checkbox"/>	Play a sport	<input type="checkbox"/>	Set a goal, make a plan
<input type="checkbox"/>	Have a sauna	<input type="checkbox"/>	Talk about something I like
<input type="checkbox"/>	Watch a sports event	<input type="checkbox"/>	Sleep in late
<input type="checkbox"/>	Play a game	<input type="checkbox"/>	Buy a takeaway meal
<input type="checkbox"/>	Visit a place of interest		
<input type="checkbox"/>	Visit the countryside		
		• Educational activities	
<input type="checkbox"/>	Plan a holiday		
<input type="checkbox"/>	Sit in the sun	<input type="checkbox"/>	Go to the library
<input type="checkbox"/>	Go fishing	<input type="checkbox"/>	Go to the museum
<input type="checkbox"/>	Play a board game	<input type="checkbox"/>	Enrol on a course
<input type="checkbox"/>	Plan a day out	<input type="checkbox"/>	Read a non-fiction book
<input type="checkbox"/>	Go to a health club	<input type="checkbox"/>	Do a crossword or puzzle
<input type="checkbox"/>	Go on a nature walk	<input type="checkbox"/>	Learn something new
<input type="checkbox"/>	Clean out a cupboard	<input type="checkbox"/>	Learn a foreign language
<input type="checkbox"/>	Be with animals	<input type="checkbox"/>	Learn to play a musical instrument
<input type="checkbox"/>	Buy a book	<input type="checkbox"/>	Go to a lecture



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