



## What Would It Be Like To Do Something Fun Right Now?

### WHAT WOULD IT BE LIKE TO DO SOMETHING FUN RIGHT NOW?

Rate your mood: 1 2 3 4 5 6 7 8 9

Do the activity: \_\_\_\_\_

Rate your mood: 1 2 3 4 5 6 7 8 9

**Any Changes:**

*Notes*

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#### **Take Home Message:**

Pleasant activities help shape my external reality.

My personal reality is made up of time blocks.

If I can fill more and more of those time blocks with healthy, pleasant events,