How Can I Increase The Chance That I Will Do Pleasant Activities?

STEPS:

Step 1: Consider that doing pleasant activities is important

- It helps improve our emotional, social, and physical health. It actually changes your external reality (the reality of your day).

Step 2: Decide/select what you would like to do. Choose your pleasant activity.

Step 3: Commit to doing the pleasant activity in order to improve how you feel.

Step 4: Plan ahead (make the activity do-able, simple, and low stress)

- Schedule the event
- If others are involved, invite them
- Plan an alternative (e.g. in case of rain)

Step 5: Get help from others when necessary

- Emotional support
- Companionship during the activity
- Instrumental support - a ride, loan of money or car

Step 6: Recognize the effort you are making to help yourself feel better. Give yourself a mental pat on the back.
How Can I Increase The Chance That I Will Do Pleasant Activities?

PERSONAL COMMITMENT FORM

I plan to do the following:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I will do it by this date: ____________________________

I feel this is important because:

________________________________________________________________________
________________________________________________________________________

Optional: use the calendar below to schedule the activity

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning:</td>
<td>Morning:</td>
<td>Morning:</td>
<td>Morning:</td>
<td>Morning:</td>
<td>Morning:</td>
<td>Morning:</td>
</tr>
<tr>
<td>Afternoon:</td>
<td>Afternoon:</td>
<td>Afternoon:</td>
<td>Afternoon:</td>
<td>Afternoon:</td>
<td>Afternoon:</td>
<td>Afternoon:</td>
</tr>
<tr>
<td>Night:</td>
<td>Night:</td>
<td>Night:</td>
<td>Night:</td>
<td>Night:</td>
<td>Night:</td>
<td>Night:</td>
</tr>
</tbody>
</table>