

## Behavioural Activation 1

<b>What I am going to do to BOOST my enjoyment this week.....</b>	<b>What small things I am going to do to reconnect to others this week.....</b>
<b>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.....</b>	<b>What I plan to do to notice my personal strengths this week.....</b>
<b>What pleasurable activities I plan to do this week to develop my personal interests.....</b>	<b>What I plan to do this week to reconnect to, and notice, nature</b>