

EXERCISE: Activity Scheduling

Before filling out **Worksheet 13.6** on the next page, write down at least several activities you want to plan for each day. You might find it helpful to review **Worksheet 13.5**, on page 208, especially your answers to questions 3, 6, and 8. It is helpful to think of several activities in each of the following categories and spread them out throughout the week.

Pleasurable activities:

Activities that accomplish something:

What I can do to begin to approach things I have been avoiding:

Activities that fit with my values:

Some activities could fit in a variety of categories. For example, walking or exercising may be pleasurable for one person, may be an accomplishment for someone else, and may fit with a value of doing healthy activities for yet another person. If you have been avoiding exercise for some time, it may even be overcoming avoidance. Put activities in whatever category makes sense to you. The important thing is to do activities in each of the four areas throughout the week.