

Behavioral Activation Worksheet

1. Identifying Values and Interests

- List your core values (e.g., family, health, creativity, learning). What is most important to you in life?

- List activities or hobbies that you enjoy or have enjoyed in the past. Consider a range of categories, including social, physical, creative, educational, and solitary activities.

2. Activity Planning

- Plan at least one activity for the coming week that aligns with your identified values and interests.

Activity	Date & Time	Preparation Needed

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3. Predicting and Overcoming Barriers

- Identify potential obstacles that could prevent you from completing the planned activity (e.g., lack of motivation, fear, time constraints) and brainstorm solutions or coping strategies for each.

4. Mood Tracking

- Rate your mood on a scale of 1-10 (with 1 being very low and 10 being very high) before and after completing the activity. Reflect on any changes in your mood.

Activity	Mood Before Activity	Mood After Activity