

Creating A Better Day

When you are feeling depressed, you may not feel like doing anything at all. People who are severely depressed sometimes say that they don't even feel like getting out of bed in the morning.

Planning your day so that it includes meaningful activities can help motivate you to spend more time doing things that will lift your mood and bring purpose to your life.

Begin by writing down activities that will make any day more meaningful.

An activity that expresses my values:

An activity that always makes me smile:

An activity that relaxes me:

An activity that connects me with people I care about:

An activity that makes me think:

An activity I enjoy but I never have time for:

An activity that brings back wonderful memories:

A spiritual activity that makes me feel connected to a higher power:

An activity that is always fun:

Other activities that are meaningful:

On the chart below, fill in the time slots where you have known obligations. Then schedule at least two meaningful activities from the previous page. Choose activities that you know are logistically possible to do, and write them in the appropriate time slots. Try to schedule one meaningful activity at the start of the day and another at the end of the day. Make copies of this chart and fill one chart in every day for at least a week.

Date: _____

7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	