Pleasant Activities
In-Session Planner

Record 1-2 ideas of activities that fit into each of the values below. Remember that these should be specific, as well as enjoyable, realistic, and important to you. Note days/times that you could fit these activities in. Fill in the blank "Value" box with any additional values you wish to include.

Value	***Pleasant Activity***	***When can you complete this activity?***
Relationships with Friends and Family	*"Call my sister once a week."*	
Health and Wellness	*"Get 7+ hours of sleep."*	
Spirituality	*"Meditate for 15 minutes."*	
Hobbies or Fun Activities	*"Cook a favorite meal."*	
Education and Career	*"Learn Spanish."*	