Pleasant Activities
Home Practice

Record the pleasant activities you identified in your planner and note which ones you were able to do. For each activity you complete, note when you complete it and if it had a positive effect on your mood. Remember that you are *not* expected to do every activity this week.

Pleasant activity	***Did you complete it?***	***When did you complete it?***	***Did it improve your mood/anxiety?***
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No