

Activity Planning Diary

Adding enjoyable activities to your daily routine is a powerful mood boosting strategy. Aim to plan daily joy-filled solo and social activities to swiftly lift your spirits, enhance motivation, and nurture your mental well-being.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Morning</p> <p>What will you do?</p> <p>Where will you do it?</p> <p>Who will you do it with?</p>							
<p>Afternoon</p> <p>What will you do?</p> <p>Where will you do it?</p> <p>Who will you do it with?</p>							
<p>Evening</p> <p>What will you do?</p> <p>Where will you do it?</p> <p>Who will you do it with?</p>							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
What will you do?	Get up at 8am	Get up at 8am	Get up at 8am	Get up at 8am	Get up at 8am	Lie in until 9am but no later	Get up at 8am
Where will you do it?	Eat breakfast	Eat breakfast	Eat breakfast	Eat breakfast	Eat breakfast	Call my mom for a catch-up	Exercise
Who will you do it with?	Walk to work	Walk to work	Walk to work	Walk to work	Walk to work		
Afternoon							
What will you do?	Have lunch with a friend	Take a walk at lunch	Lunch with a friend	Take a walk at lunch	Have lunch with a friend	Go and visit the museum	Take a trip to the city
Where will you do it?						Have lunch out	
Who will you do it with?							
Evening							
What will you do?	Go to the cinema to watch a film with a friend	Exercise - gym or swim	Choose an episode to watch on TV after doing chores	Treat self to a bath and read a book	Zumba class	Research some clubs to join	Take a trip to the city
Where will you do it?				Call Dad	'Life admin'		
Who will you do it with?	Early bedtime 10pm				Nice meal		