Plan more fun

Choose 2 or 3 things you would like to do during your week. Try to get a mix of things that you enjoy, are active, involve people and which give you a sense of achievement.

Plan them in your diary and write down what you actually did.

|  |  |  |
| --- | --- | --- |
|  | What I will do | What I did |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Sunday |  |  |