**SECTION 3: ACTIVATE**

**MY WEEKLY PLANNER & MONITOR**

**Instructions:**

**A. Fill in your list of pleasurable, meaningful and mastery-oriented day-to-day activities.** Please note that these should be small and specific activities that you are not doing currently, but are not difficult to add to your day. Please write at least one activity from each of the categories (pleasurable/meaningful/mastery-oriented).

**B. Then for each activity, decide which days/how any days you want to do them in a week. Indicate all such days with the letter P (Planned)** against the activity in the corresponding cells. Try to have a mix of different kinds of activities each day.

C. .Once you are done with planning the activities and the corresponding days; **Kindly track your progress during the week by** choosing one of the following options everyday evening.

1. If you could do the activity on a given day: Please type in: “Did! “
2. If you tried to do the activity or did it partially : Please type in : “Tried!”
3. If you could not do the activity/try it : Leave that cell blank for that particular day.

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| **Name of ACTIVITIES** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
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| **Continued…**  **Name of ACTIVITIES** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
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| *Pat your back for baby steps and micro gains. In the subsequent weeks, you can slowly increase the difficulty level of the plan you make/activities you choose.*  *The trick is resist the temptation to make big plans and instead to start small, depending on your current activity level.*  *It is also a smart move to appreciate any efforts you make. Expect to make some progress over weeks , rather than demand from yourself that you must achieve all that was planned in the first week itself.* | | | | | | | |