

TREATMENT TASKS								
Focus	Target	Intensity	Code	Day	Set 1a	Set1b	Set 2a	Set 2b
Mind	Self	Low	MSL	Day 1	Think about making your bed	Wash a cup or dish for someone	Think about listening to an encouraging song	Clean something up for someone
Kind	Self	Low	KSL	Day 2	Think about cleaning something up for someone	Listen to an encouraging song	Write down three steps you took to achieve a personal goal	Think about making yourself something to drink
Mind	Self	High	MSH	Day 3	Recommend a book to a friend	Make yourself something to drink	Make your bed	Catch up with a friend
Kind	Self	High	KSH	Day 4	Think about catching up with a friend	Think about writing down three steps you took to achieve a personal goal	Clean something up for someone	Make your bed
Mind	Other	Low	MOL	Day 5	Make yourself something to drink	Recommend a book to a friend	Think about making yourself something to drink	Think about listening to an encouraging song
Kind	Other	Low	KOL	Day 6	Listen to an encouraging song	Think about catching up with a friend	Catch up with a friend	Think about washing a cup or dish for someone
Mind	Other	High	MOH	Day 7	Wash a cup or dish for someone	Think about making your bed	Think about washing a cup or dish for someone	Think about recommending a book to a friend
Kind	Other	High	KOH	Day 8	Think about writing down three steps you took to achieve a personal goal	Think about cleaning something up for someone	Think about recommending a book to a friend	Write down three steps you took to achieve a personal goal