

Depression Worksheet

Name	Date
Here are the ACTIVITIES I enjoy:	
My Daily Activity Plan: (At least one activity per day)	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Reflection	
How did I feel before doing the activity?	
How did I feel after doing the activity?	
Did I stick to my daily activity plan?	
What can I do to make sure I continue to engage in activities that boost my mood?	