

# Depression Worksheet

Name	Date
<b>Here are the ACTIVITIES I enjoy:</b>	
<b>My Daily Activity Plan:</b> (At least one activity per day)	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>Reflection</b>	
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?	