



Tick the small activities you could try, add your own, pick three to schedule, then rate them afterwards. Self-help, not therapy. If you are thinking about harming yourself, stop and see selfgrowth.org/help.

01 Before I start

A quick check. If any of the first three are true, use the support lines first and come back to this later.

- ☐ I am having thoughts of ending my life or hurting myself
- ☐ My low mood is making it hard to eat, sleep or look after myself
- ☐ My low mood has lasted two weeks or more
- ☐ None of these. I want to try some small steps

If I ticked any of the first three, the person or line I will contact first (my GP, a friend, Samaritans 116 123, 988 in the US) is:

02 Body, people, outside and creative

Tick anything you could do. Small is fine: a few minutes counts.

Body

- ☐ Stretch for five minutes
- ☐ Have a warm shower or bath
- ☐ Drink a glass of water or a hot drink slowly
- ☐ Eat something simple at a table
- ☐ Lie down with the lights low for ten minutes
- ☐ Dance to one song
- ☐ Do a gentle workout or a few yoga poses
- ☐ Go to bed at a set time

People

- ☐ Send a message to one person
- ☐ Call a friend or relative for a few minutes
- ☐ Reply to a message I have been avoiding
- ☐ Have a drink or a meal with someone
- ☐ Sit in a cafe or library where other people are
- ☐ Say hello to a neighbour or the person at the shop
- ☐ Ask someone for a small favour or a bit of company
- ☐ Spend time with a pet, or someone else's

Outside

- ☐ Stand at the front door or open a window

- ☐ Walk around the block
- ☐ Sit on a bench or in a garden
- ☐ Walk somewhere I have not been lately
- ☐ Look at the sky and name what I see
- ☐ Water plants, or tidy a patch of garden
- ☐ Go to a shop for one thing on foot
- ☐ Take photos of things I like on a walk

Creative

- ☐ Doodle or colour in for ten minutes
- ☐ Play or listen to a song from start to finish
- ☐ Write a few lines in a notebook
- ☐ Cook or bake something small
- ☐ Make a playlist
- ☐ Do a puzzle, crossword or jigsaw
- ☐ Take a photo of something I like
- ☐ Try a craft or a hobby I used to enjoy

03 Small wins, routine and values

These are about getting something done and feeling a little more in charge of your day, as well as enjoyment.

Small wins

- ☐ Make my bed
- ☐ Put on clean clothes
- ☐ Clear one surface
- ☐ Answer one email or pay one bill
- ☐ Do one load of washing
- ☐ Put on a five-minute timer and tidy until it rings
- ☐ Write a short to-do list with three items
- ☐ Cross off one thing I have been putting off

Routine and chores

- ☐ Get up at a set time
- ☐ Open the curtains
- ☐ Wash up one meal
- ☐ Take out the bins
- ☐ Plan tomorrow's meals
- ☐ Shop for a few basics
- ☐ Do something to get ready for tomorrow
- ☐ Wind down at a set time in the evening

Values and things that matter

- ☐ Do something kind for someone

- ☐ Look at a photo of someone I love
- ☐ Spend a few minutes on something I care about
- ☐ Learn something small about a topic that interests me
- ☐ Write down three things I want from this month
- ☐ Help someone with something small
- ☐ Spend time in a faith or community space
- ☐ Pick up something I dropped, such as a hobby, a course or a habit

Other things I could do that are not on the list:

1. _____
2. _____
3. _____
4. _____

04 Pick three and schedule them

Choose three from everything you ticked: one tiny, one with another person or outside, one that gets something done. Give each a day, a time and a place. Plans with a when and a where are easier to start than 'at some point'.

Activity	Day and time	Where / with whom	Smaller version if too much
Small and specific			

How likely am I to do all three? (If it is under 7, shrink the steps.)

1

2

3

4

5

6

7

8

9

10

Not likely

Certain

05 Rate it afterwards

After each one, fill in a row. Rate your mood before and after from 1 to 10, plus how much you got a sense of achievement and how much you enjoyed it. If you did not do it, write that down without blame.

Activity	Mood before	Mood after	Achievement	Enjoyment
Did I do it? Y / part / no	1 to 10	1 to 10	1 to 10	1 to 10

06 Keep, shrink or swap

Look at your ratings. A small change, or none, is still information. Some things pay off in achievement rather than enjoyment.

Which one was worth repeating, and why?

Which one did I shrink, drop or swap, and what could I try instead?

My three for the next few days:

When you're done, a moment to reflect

- Which activities did you tick quickly, and which did you skip? What does that tell you?
- Which group on the list (body, people, outside, creative, small wins, routine, values) feels furthest from you right now?
- What got in the way when you did not do something?
- Which tiny step could you still manage on a hard day?
- Who could you tell about your three, so it is easier to follow through?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/behavioral-activation-activity-list



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.