

Toll Free 1800 870 080 Email: info@lifeskillsaustralia.com.au | www.lifeskillsaustralia.com.au Suite 13/348 Albany Hwy, Victoria Park 6100 | PO Box 1215 East Victoria Park WA 6981 ABN: 86 882 787 314. ® Lifeskills Australia is a Registered Trademark.

Weekly Schedule

for Behavioural Activation

Create a schedule of activities that will lead to you having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. If this is the case, start with simple goals and work your way up to more challenging activities.

Day	Morning	Afternoon	Evening
Example	-Wake by 8am	-Go for a 15	-Call a friend
	-Eat a Full Breakfast	minute walk	-Practice Guitar
Monday			
Tuesday			
Wednesday			
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Thursday			
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Saturday			
Sunday			
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