



2. Now select from your list of pleasant events seven that you believe are most likely for you to engage in. In the seven lines, list those activities and then write a few words that describe what was positive about the activity or why you found it pleasant or enjoyable.

Most Likely Activities	Why Pleasant?
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

3. On the following lines, schedule one pleasant activity per day to which you are committed. Include the time of the day and with whom you might share the activity.

Activity	When and With Whom
Day 1 _____	_____
Day 2 _____	_____
Day 3 _____	_____
Day 4 _____	_____
Day 5 _____	_____
Day 6 _____	_____
Day 7 _____	_____

4. On the following lines, record the activity engaged in and the degree of satisfaction on a scale of 1 (low) to 10 (high) that was felt during and after the engagement with the pleasant event. Also record the effect that the pleasant event had on your mood using a scale of 1 (no positive effect) to 10 (strong uplifting effect on mood).

Activity	Satisfaction	Effect on Mood
Day 1 _____	_____	_____
Day 2 _____	_____	_____
Day 3 _____	_____	_____
Day 4 _____	_____	_____
Day 5 _____	_____	_____
Day 6 _____	_____	_____
Day 7 _____	_____	_____

