

Scheduling Pleasant Activities CBT Worksheet

This worksheet helps your client lay out the coming week and find time to do something either one day (or every day) that they find pleasant. The activities can be small and easy to fit into daily life (like stretching) or they can be larger activities that may require more planning or scheduling (like taking a hike). Help your clients decide which activities, and how many, might help them feel better. Then, after the activity is complete, have them rate their emotion and how they are feeling. Then discuss those ratings in your session.

Day	Time	Activity	Post-Activity Emotion
Monday		(e.g., call a friend to chat)	
Tuesday		(e.g., meditate or stretch)	
Wednesday			
Thursday			
Friday			
Saturday		(e.g., go on a hike)	
Sunday			