

Reviewing your Activity Diary

Once you've completed your 7 day activity diary, it's important to review this and see what you notice about the links between what you do and how you feel. Follow the steps below to review your diary.

Choose some coloured pens/pencils as you'll need these to highlight your activities.

1) Choose 3 days to look at in detail.

2) Go through each activity for each of these days and think/talk about how it made you feel. Highlight any activities you rated as high for Achievement, Closeness or Enjoyment.

3) Rate how you felt at the end of each of these days from 0-10.

4) What do you notice about the activities you have highlighted and how you felt that day. What do you notice about the activities you did not highlight and how you felt? What links/patterns do you notice.

5) Highlight any other activities you rated highly this week.

6) Overall, what do you notice about the link between the things you did this week and how you felt?

It's the Cycle

From reviewing your activity diary, you'll be able to see that we tend to feel worse when we do less, and feel better when we do more of what matters.

