

POSITIVE ACTIVITIES FOR BEHAVIORAL ACTIVATION

Create a list of activities that you find rewarding. Rate each activity in two categories: How easy the activity will be for you to complete, and how rewarding it is (with 10 being very easy or rewarding, and 1 being difficult or not at all rewarding).

Activity	Ease (1-10)	Reward (1-10)
Example: Go for a walk	9	6