

# Behavioural Activation: Positive Activities



Sometimes we may struggle with the activities that bring us joy, placing our own barriers in accessing these activities.

Create a list of activities you find rewarding. Rate each activity in two categories: How easy the activity is to complete, and how rewarding it is. Use a scale of 1 to 10, 10 being very easy or very rewarding, 1 being difficult or not rewarding.

Activity	Ease (1-10)	Reward (1-10)
Example: Going for a walk	8	6