**Worksheet 11.2** Example of a classifying activity worksheet

|  |
| --- |
| **Classifying activity worksheet** |
| Think about activities you now do less of, avoid or engage in more frequently and write these below in one of the following categories. |
| **Routine**Activities that form part of your daily life routine –e.g. cooking, walking the dogs, going to work, having a shower | **Pleasurable** Activities you enjoy doing – e.g. seeingfriends, clothes shopping, sports. This varies a lot from person to person | **Necessary**Activities that are important to achieve given their potential, if not completed, to have a negative impact on your life – e.g. paying bills, taking medication, working to deadlines | **Deadlines**For each necessary activity, provide the date by which it needs to be completed |
| *Walk the dog* | *Meet Dave and Sal for Euchre* | *Sort direct debits* | *This Tuesday* |
| *Shower* | *Work out in gym* | *Take warfarin* | *Every day* |
| *Get out of bed* | *Tinker with my car* | *Get bus pass sorted* | *Friday 8 May* |
| *Buy a newspaper at local shop* | *Read newspaper* |  |  |
| *Part-time job* |  |  |  |
| *Sort bins* |  |  |  |