

Behavioral Activation Planner

When motivation is low, action comes first and mood follows. Plan small, specific, scheduled activities.

1. How I feel today

Mood 0–10, energy 0–10, and one sentence about what is hard right now.

2. Activities that used to give me pleasure or a sense of achievement

List 6–8. Include tiny ones (a 5-minute walk, one song, one message to a friend).

3. This week's plan

Pick 3–5 activities. Make each one specific: what, when, where, for how long. Rate difficulty 1–5 and start with the easiest.

Day / time	Activity (specific)	Difficulty	Done?	Mood after (0–10)

4. What might get in the way — and my plan B

5. End of week: what did I notice?

Which activities moved the needle, even slightly? What will I repeat?

Rule of thumb: "Don't wait to feel like it." Schedule the activity, do the smallest version, and rate your mood afterwards — the numbers usually surprise people. The AILAMA Mind app can remind you daily and track the mood scores for you.