

## Enjoyable Activities

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1. What are some enjoyable activities you can do that don't depend on having others present? These activities are ones that personally meaningful to you (physically, mentally, spiritually), and are activities where you can improve your performance as well as accept your level of performance without self-criticism.

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2. At least three times a week set aside 30 to 60 minutes of personal time for you to engage in enjoyable activities. Set these times up in advance and identify which activities you're interested in doing

Day	Appointment time for enjoyable activity	Enjoyable activity I plan on doing
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

3. After one week's time, which activities you enjoyed the most?

4. What are some additional activities you would like to add to your list?