


Behavioral Activation Planner



Small, gentle steps are enough

 In this activity, you will use a structured worksheet to plan and complete gentle activities designed to support your mood and motivation when experiencing low energy or depression.

Welcome to Today's Check-In

Mental health can be challenging, and it's important to check in with yourself regularly. This planner is designed to help you do just that by tracking your mood, energy levels, and accomplishments. Taking small steps can make a big difference in managing your well-being.

Date: _____

Right now I feel: 😞 😐 😊

Energy level: Very low → Low → Okay → Better

I showed up today

Take a Self-Compassion Pause

It's okay if things feel hard. You don't need to do everything—just something small.

I read this

What Matters Today?

What feels most important today?

- Getting through the day
- Taking care of myself
- Connecting with someone

Resting

Other: _____

Low-Energy Activity Ideas

Break into very small, realistic steps:

Very Easy (1–5 minutes)

Sit up in bed

Drink water

Step outside

Easy

Shower

Reply to one message

Eat something small

If I have more energy

Short walk

Light task

Tidy one small space

Today's Gentle Plan

Limit to 1–3 small tasks only

1 _____

2 _____

3 _____

Doing one is enough

If It Feels Too Hard

Supportive checklist:

- Break it into smaller steps
- Do it for 2 minutes only
- Ask for help
- Rest and try later
- Choose an easier task

Before & After Mood

Before: 😞 😐 😊

After: 😞 😐 😊

Small Wins

Something I did today (no matter how small): _____

- This counts

Gentle Reflection

What felt even slightly helpful? _____

What do I need right now? _____

Kind Self-Talk

A kind message to myself: _____

Example: I'm doing the best I can today.

Tomorrow

One small thing I might try tomorrow: _____

- Only if I feel able

Small steps are still progress. I am allowed to go slowly.

I made it through today