



Patterns and the menu

An Everyday Insight tool
myactivityrecord.com



Session 2 of 4 in an Activity Record group. Patterns, and a menu of things to do.

NAME

DATE

1 Across your days

Look across all the days you logged. Describe what you see, the way you'd describe someone else's week.

TIMES OF DAY THAT TEND TO BE HARDER

ACTIVITIES THAT GO WITH A BETTER FEELING

ACTIVITIES THAT GO WITH A WORSE FEELING

IF YOU RATED THEM, WHERE PLEASURE OR MASTERY WERE HIGHER

WHAT STANDS OUT

2 The activity menu

List things you could do, small and free ones included, and some that fit what matters most to you. Circle anything that takes less than 15 minutes or costs nothing.

THINGS I ENJOY

THINGS I GET DONE

TIME WITH PEOPLE



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1 of 2



3 Two activities for this week

Choose two things from your menu, ideally one for a time of day that tends to be hard. Afterward, rate the feeling before and after.

First activity

WHAT I'LL DO

DAY AND TIME

IF THIS GETS IN THE WAY

THEN I WILL

FEELING BEFORE, 0 TO 100

FEELING AFTER, 0 TO 100

Second activity

WHAT I'LL DO

DAY AND TIME

IF THIS GETS IN THE WAY

THEN I WILL

FEELING BEFORE, 0 TO 100

FEELING AFTER, 0 TO 100

