



Keeping it going

An Everyday Insight tool
myactivityrecord.com



Session 4 of 4 in an Activity Record group. Looking back, and keeping it going.

NAME

DATE

1 Looking back

Look over your logs and plans from all four sessions.

ACTIVITIES THAT HELPED MY MOOD THE MOST

WHAT GOT IN THE WAY MOST OFTEN

WHAT I NOTICED ABOUT MYSELF

WHAT I WANT TO KEEP DOING





2 A plan for low days

Low days will come back. Plan now, while you can think it through, so the low day doesn't have to.

SIGNS THAT A LOW STRETCH IS STARTING

THREE SMALL THINGS I CAN DO EVEN THEN

SOMEONE I CAN REACH OUT TO

WHEN I WOULD GET MORE HELP, AND FROM WHOM

3 Next week

One activity to keep the momentum going after the group ends.

My next activity

WHAT I'LL DO

IF THIS GETS IN THE WAY

FEELING BEFORE, 0 TO 100

DAY AND TIME

THEN I WILL

FEELING AFTER, 0 TO 100

Keep going

Log a day whenever you want to see how your days and your mood fit together. The Activity Record has free printable sheets and an online version at myactivityrecord.com. Nothing you enter leaves your device.

