

Joyful Activities Planner

It can help to schedule some time to engage in your favorite activities. To avoid cancelling due to pain, it may be proactive to schedule a back-up date. Having a back-up ensures that you still get to have fun on another day, even if you end up needing to take a night off due to pain.

Find a blank calendar for the month and schedule a few dates to engage in the three activities you described on the previous pages. Schedule the same amount of back-up days just in case of emergency.

Here is an example:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity 1: Meet up with friends today		Activity 2: Work on embroidery for 1 hour	Activity 2 back-up date	Activity 3: Go shopping at favorite store for 1 hour	Activity 1 Back-up date	Activity 3 back-up date

Write some possible dates for activities below: