

Joyful Activities Worksheet

List three activities you absolutely love to do:

1.

2.

3.

What is your reasoning behind not doing these activities as often?

1.

2.

3.

Describe how these activities make you feel. How do they affect your mental health?

1.

2.

3.

Joyful Activities Worksheet

To remind yourself why you should engage in your favorite activities more often. Fill out this sheet before AND after you do the activity.

How do you feel emotionally?

Before:

After:

How confident do you feel in yourself and your abilities?

Before:

After:

How productive do you feel?

Before:

After:

How connected do you feel to other people?

Before:

After:

How energized are you feeling?

Before:

After: