

Pleasant Activity Scheduling Worksheet

The *Pleasant Activity Scheduling* worksheet is designed to help clients schedule enjoyable activities in the near future which they can look forward to.

Clients are instructed to write down at least one activity per day that they will engage in over the next week. This can be as simple as watching a particular movie or calling a friend to chat. Activities can be anything that the client finds to be enjoyable or pleasant, so long as it's not unhealthy (i.e., eating a whole cake in one sitting or smoking).

You can also try scheduling an activity for each day that provides you with a sense of mastery or accomplishment. It's great to do something pleasant, but doing something small that can make you feel accomplished has beneficial effects as well.

This worksheet helps clients to begin to design their life in a way that increases everyday positivity and pleasure. The first two columns (Activity and Time) are to be completed in session, and the last column (Post-Activity Emotion Rating) is to be completed by the client throughout the week.

Pleasant Activity Scheduling

Worksheet

	Activity (Pleasure/Mastery)	Time (AM/PM)	Post-Activity Emotion Rating (0-100% pleasure or sense of mastery)
Monday	E.g. Call a friend to chat (P)	5 PM	70%
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			