

# Checklist:

## What about things you've **stopped** doing?

Your list might not contain all the things you like to do, so have a look through the list below and tick the one's that apply to you – things you used to enjoy but haven't felt like doing lately. What are the things you value and see as important for you to do?

### 1). Things that are fun/I enjoy

- |  |   |
|--|---|
| <input type="checkbox"/> Watching or playing sport             | <input type="checkbox"/> Listening to music             |
| <input type="checkbox"/> Doing a hobby                         | <input type="checkbox"/> Watching a movie               |
| <input type="checkbox"/> Reading a good book, magazine or blog | <input type="checkbox"/> Watching TV                    |
| <input type="checkbox"/> Practicing relaxation techniques      | <input type="checkbox"/> Cooking or baking for pleasure |

### 2). Things that give a sense of achievement/job well done

- |   |   |
|---|---|
| <input type="checkbox"/> Gardening/looking after plants               | <input type="checkbox"/> Finishing homework           |
| <input type="checkbox"/> Going to after school activities             | <input type="checkbox"/> Playing a musical instrument |
| <input type="checkbox"/> Going to church, mosque, temple or synagogue | <input type="checkbox"/> Exercising                   |

### 3). Things that make me feel close to the people I like

- |  |   |
|--|---|
| <input type="checkbox"/> Going for a walk/Getting some fresh air | <input type="checkbox"/> Phoning or texting friends |
| <input type="checkbox"/> Spending time with family               | <input type="checkbox"/> Seeing your friends        |
| <input type="checkbox"/> Spending quality time with others       |   |

## Things that give you a **lift**

Now make a list of things that help you feel better. Use the happy list and this checklist and pick out the things you did that you enjoyed, that you felt were a job well done, or helped you feel close to others. Write them down here.

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