How the days go

An Everyday Insight tool
myactivityrecord.com

Session 2 of 4 in a skills group from Everyday Insight. Activity and mood, adapted from the Activity Record.

NAME

DATE

1 Yesterday

Pick one feeling to follow, like low, anxious, or calm. From when you woke up to when you went to bed, write a few words for each hour, rate the feeling from 0 to 100, and check any hour that touched your value. Blank hours are fine.

THE FEELING I'M FOLLOWING

TIME	WHAT I WAS DOING	FEELING, 0 TO 100	VALUE

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2 What stands out

Look at your highest and lowest hours, and the hours you checked. Describe what you see without grading the day.

3 The activity menu

If your group has time, list things you could do, small and free ones included.

THINGS I ENJOY	THINGS I GET DONE	TIME WITH PEOPLE

4 Two activities for my value

Choose two things to do this week that serve your value. Make them small enough that you'll do them, and give each a day and time. Afterward, rate the feeling you followed before and after.

First activity

WHAT I'LL DO

DAY AND TIME

IF THIS GETS IN THE WAY

THEN I WILL

FEELING BEFORE, 0 TO 100

FEELING AFTER, 0 TO 100

Second activity

WHAT I'LL DO

DAY AND TIME

IF THIS GETS IN THE WAY

THEN I WILL

FEELING BEFORE, 0 TO 100

FEELING AFTER, 0 TO 100

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