

Behavioral Activation: An Activity Planner

When low mood saps motivation, action comes before the feeling. A gentle planner to re-engage with what matters. Worksheet.

When mood is low, motivation drops and rewarding activities fall away, which lowers mood further. Behavioral activation reverses the loop: you act first, in small steps, and let the feeling follow. Plan a few activities across three kinds, and rate how you feel after. Start tiny.

Three kinds of activity to include

Pleasure (a small enjoyable thing), **Mastery** (a small sense of getting something done), **Connection** (any contact with another person).

Day / time	Activity	Type (P / M / C)	Mood after (0-10)

The point is not to feel like it first. Do the small version anyway, then notice what the mood does. If low mood lasts most days for two weeks or more, please talk with a clinician.

Learn more: [Behavioral Activation at shrinkdaily.com/concept/behavioral-activation](https://shrinkdaily.com/concept/behavioral-activation)