

ACTIVITY WORKSHEET

Activity: _____

If identified, what is the ultimate goal of this activity? _____

Making this activity SMART:

Specific (exactly what will be accomplished – who, what, when, where)	
Measurable (identify how will know activity has been accomplished)	
Attainable (realistic and doable)	On a scale from 1-10, how confident will accomplish? (at least 7/10)
Relevant (ties into personal goals)	
Time-limited (have a deadline or specific period of completion)	

Emotion before starting the activity

Feeling word: _____

Sensations in my body:

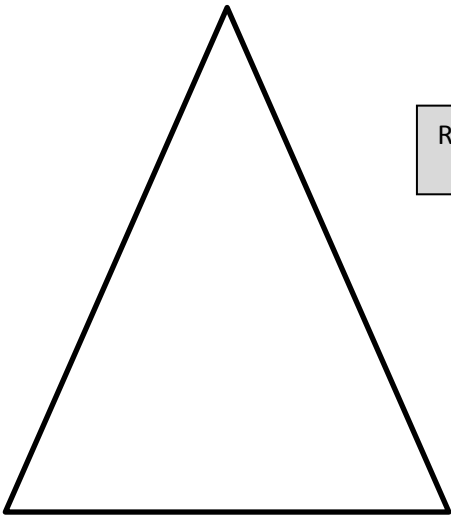
Rate: 1–2–3–4–5–6–7–8–9–10

Thoughts after the activity

Any change in the intensity of the **old emotion**?

Rate: 1–2–3–4–5–6–7–8–9–10

Activity



New emotion after completing the activity?

Feeling word: _____

Sensations in my body:

Rate: 1–2–3–4–5–6–7–8–9–10