

# Positive Activities Menu

1. In the tables below brainstorm some positive activities in the different areas of your life that you consider meaningful to you.
2. Rate each one on a scale of 1-10 of how challenging you believe that activity is to complete (1 being very easy and 10 being extremely challenging **CS=challenge score**)
3. Mark each activity as being one you would do for pleasure (P) or for a sense of mastery (M)

## Employment

Activity	CS	M/P

## Family/Relationships

Activity	CS	M/P

## Emotional Health

Activity	CS	M/P

## Physical Well-being

Activity	CS	M/P

## Spirituality

Activity	CS	M/P