

# creating a better day

When you're feeling depressed, you may not feel like doing anything at all. Planning your day so that it includes meaningful activities can help motivate you to spend more time doing things that will lift your mood and bring purpose back into your life.

An activity that expresses my values:

An activity that always makes me smile:

An activity that relaxes me:

An activity that connects me with people I care about:

An activity that makes me think:

An activity that I enjoy but never make time for:

An activity that brings back wonderful memories:

An activity that is always fun:

Other meaningful activities: