



SMART Tool

PLANNING AN ENJOYABLE LIFE WORKSHEET

Similar to the lifestyle audit, this worksheet encourages you to think of and actively plan enjoyable and meaningful activities.

1. Describe three activities that you used to enjoy, but have stopped doing.
1
2
3
2. Describe three activities that you currently enjoy and would like to do more frequently.
1
2
3
3. Describe three activities that you engage in and want to stop.
1
2
3
4. Describe three activities that you have not done, but would like to start.
1
2
3