



SMART tool: Planning an enjoyable life worksheet

Planning an enjoyable life

Similar to the lifestyle audit, the planning an enjoyable life worksheet encourages participants to think of and actively plan enjoyable and meaningful activities.



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