

Activity planning.

Getting the balance back in your life isn't an instant process off, but you can start off by using an activity planner. It sounds like such a simple technique that a lot of people don't even bother doing. But I've found it can be really interesting.

How do you actually do it?

Step 1 – Fill the table (on the following page) with activities that you plan to do over the week.

Start by filling in the things you know you'll definitely be doing like going to work or school.

You don't need to fill every block, just aim to have at least one fun activity, one relaxing activity, and one achievement activity (like paying a bill or washing clothes).

Step 2 – Follow through on your plan, but don't get obsessive over it. If something comes up that gets in the way, don't stress about it. Make sure to be flexible.

How does it work?

Activity planners can help in a few different ways:

1. They give your life a bit of structure – If you're feeling down or depressed, everything can feel like a bit of a mess
2. They make sure you're getting something useful done every day, and they're making sure you're doing something fun everyday. This way, you know you're going to enjoy at least one part each day, and achieve something each day
3. They help you figure out whether there is any imbalance in your life that you could try change. This might mean you have to say 'no' more often so that you don't take on new things that will whack you out of balance.
4. ANY MORE?



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