This list might help you come up with a few ideas for things to put into your planner. Even if you don’t have a planner, it can be helpful to check out this list to see if there are any projects you could take up. I find that having a project is really important to keeping me sane. It means I have something to focus my energy on. Unfortunately the fun stuff is the first to go when you’re depressed or your family is in turmoil. But this is probably the most important time to have a project. I have to warn you – some of these ideas sound really stupid. So feel free to have a giggle at the lame ones and pick out the ones that might work for you.

Achievement activities

- Repair something
- Work in the garden
- Finish an incomplete job
- Make an appointment
- Drive somewhere
- Work on a project
- Make a phone call
- Initiate social contact
- Exercise
- Cook a meal
- Go to work
- Help someone
- Mow the lawn

Positive events and personal project

- Talk on the phone
- Play cards
- Work on a hobby
- Visit a friend
- Do some art work
- Have a bath
- Look through some old photos
- Watch a funny movie
- Write poetry
- Go for a swim
- Play video games
- Play an instrument
- Work on a puzzle
- Cook a nice meal
- Stretch
- Play softball
- Go to the movies
- Paint

- Listen to a relaxing CD
- See a play
- Surf the internet
- Go for a walk
- Listen to music
- Have a massage
- Write in a diary
- Dance
- Sit in the sun
- Go shopping
- Say a prayer
- Play golf
- Read a book or magazine
- Have a meal with a friend
- Play with your pet
- Sketch
- Visit art galleries
- Do yoga
- Play tennis
- Lift weights
- Sail
- Go to the gym
- Play cricket
- Roller-blade
- Scuba dive
- Play soccer
- Row
- Sculpt
- Sing
- Play chess
- Go to the theatre
- Bushwalk
- Ski
- Do woodwork
- Join a support group
- Fish