



The “Nuts and Bolts” of the Pleasant Activities



As we mentioned during the Pleasant Activities Plan, the idea is to commit to doing something for yourself on a regular basis. An excellent way to plan anything is to write out what you plan on doing and how you plan on doing it. To help you in planning out your activity, we have provided a “Nuts and Bolts of Pleasant Activities” worksheet below. An example of one already filled out follows. Please use this for each activity that you try out. This will help avoid disappointing results due to forgetting to bring something, or not remembering a necessary part of that activity.

Happy Event:	<i>Go for a walk</i>
Where?	<i>Around my block</i>
When? <i>(when, how often, how long)</i>	<i>every Tuesday @ 12: 30-1:00 pm</i>
What’s needed? <i>(materials, things to bring)</i>	<i>Comfortable walking clothes and shoes</i>
How? <i>(arrangements and steps)</i>	<ul style="list-style-type: none"><i>• Husband needs to be at Day Services</i><i>• Have Cell phone on me. In case something happens, anyone can reach me.</i>