Positive Activities for Behavioral Activation

Create a list of activities that you find rewarding. Rate each activity in two categories: How easy the activity will be for you to complete, and how rewarding it is (with 10 being very easy or rewarding, and 1 being difficult or not at all rewarding).

ACTIVITY	EASE (1-10)	REWARD (1-10)
Example: *Go for a walk.*	9	6