BEHAVIOURAL ACTIVATION

Activation Energy Planner

Design activities around energy, meaning, and realistic momentum.

FOR	Adults	TIME	15-25 min

When mood is low, waiting for motivation can keep life narrow. This planner uses tiny, scheduled actions to create contact with routine, connection, care, and accomplishment.

HOW TO USE

Complete this tool collaboratively or review it together afterward. Adapt language, pace, and format to the person's formulation, culture, access needs, capacity, risk, and preferences.

TOPICS: Depression / Motivation / Routine

01

Read the current pattern

Describe the week without judging it.

Activities that have become smaller or disappeared

What has low mood made harder to access?

Times or situations when energy is slightly more available

Look for small windows, not perfect conditions.

What tends to happen after you withdraw or postpone?

Short-term and later effects.

02

Build a balanced menu

Choose small options across different functions.

Care or maintenance

A task that supports body, space, or routine.

Connection

A low-pressure way to be with or contact someone.

Meaning or enjoyment

Something absorbing, valued, or gently pleasant.

Mastery

A task that can create a small sense of completion.

03

Schedule for friction

Plan the action and reduce the energy needed to begin.

Chosen action, day, time, and place

Make the cue visible.

Make starting easier

Prepare materials, reduce steps, ask for company, or set a timer.

Review after action

Before/after mood, sense of meaning, and what you learned.

> *Review completion with curiosity. If the action did not happen, adjust size, timing, support, or fit rather than treating it as failure.*