

WORKSHEET D: BUILDING YOUR NEW SCHEDULE

Use the blank 'My Starting Point Schedule' to record what you're currently doing during the week. Start today and record over the next 7 days. There are two boxes each for the morning, afternoon and evening so just try to include the main two things you have done for each.

At the end of each day have a look at your schedule and write any comments you have in the comments box. Think about what you've been up to, and note if there were times when you felt better or worse.

It can really help later on if you are able to provide some detail about:

'What' you are doing - i.e. 'watching television'

'Where' you are doing it - i.e. 'lounge'

'Who' you were with - i.e. 'on my own'

M Poir	Starting of Schedule	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	What							
	Where							
	Who							
	What							
	Where							
	Who							
Afternoon	What							
	Where							
	Who							
	What							
	Where							
	Who							
Evening	What							
	Where							
	Who							
	What							
	Where							
	Who							
Comments								