University of
**Reading**

# VALUED ACTIVITIES

## A list of five minute activities

1. Rate your mood on a 0 – 10 scale (0 = saddest, 10 = happiest)

2. Do one small valued activity (see table below for some examples)

3. Rate your mood again on the 0 – 10 scale (0 = saddest, 10 = happiest)

| Date | Mood before activity | Valued activity | Mood after activity |
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