

# Activity planning

## Achievement activities

- Repair something
- Work in the garden
- Finish an incomplete job
- Make an appointment
- Drive somewhere
- Work on a project
- Make a phone call
- Initiate social contact
- Exercise
- Cook a meal
- Go to work
- Help someone
- Mow the lawn

This list might help you come up with a few ideas for things to put into your planner.

Even if you don't have a planner, it can be helpful to check out this list to see if there are any projects you could take up.

I find that having a project is really important to keeping me sane. It means I have something to focus my energy on.

Unfortunately the fun stuff is the first to go when you're depressed or your family is in turmoil. But this is probably the most important time to have a project.

I have to warn you – some of these ideas sound really stupid. So feel free to have a giggle at the lame ones and pick out the ones that might work for you.

## Positive events and personal project

- |                                |                           |                      |
|--------------------------------|---------------------------|----------------------|
| • Talk on the phone            | Listen to a relaxing CD   | Play tennis          |
| • Play cards                   | See a play                | Lift weights         |
| • Work on a hobby              | Surf the internet         | Sail                 |
| • Visit a friend               | Go for a walk             | Go to the gym        |
| • Do some art work             | Listen to music           | Play cricket         |
| • Have a bath                  | Have a massage            | Roller-blade         |
| • Look through some old photos | Write in a diary          | Scuba dive           |
| • Watch a funny movie          | Dance                     | Play soccer          |
| • Write poetry                 | Sit in the sun            | Row                  |
| • Go for a swim                | Go shopping               | Sculpt               |
| • Play video games             | Say a prayer              | Sing                 |
| • Play an instrument           | Play golf                 | Play chess           |
| • Work on a puzzle             | Read a book or magazine   | Go to the theatre    |
| • Cook a nice meal             | Have a meal with a friend | Bushwalk             |
| • Stretch                      | Play with your pet        | Ski                  |
| • Play softball                | Sketch                    | Do woodwork          |
| • Go to the movies             | Visit art galleries       | Join a support group |
| • Paint                        | Do yoga                   | Fish                 |

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DRUGHELP

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CREATED BY: Jack Wilde .2012