

Important, Enjoyable & Meaningful Activities

Treatment Modality: Individual clients or groups

Goal: To help clients find meaning through enjoyable activities.

Meaning in life is essential in psychological well-being, with significant implications for both mental and physical health.

Instructions

In this exercise, patients are invited to complete *three important, enjoyable, and meaningful activities* in a single day/week and write about them in detail. To be used daily/weekly depending on the level of intervention/support required. These acts should include:

1. A pleasurable activity carried out alone (for example, reading or listening to music)
2. A pleasurable activity completed with others (for example, playing cards or meeting for lunch)
3. A meaningful or important act (for example, visiting a relative).

What important enjoyable or meaningful activities have you done?

Activity	Details	Date:
Carried out alone		
Carried out with others		
Meaningful or Important act		

Activity	Details	Date:
Carried out alone		
Carried out with others		
Meaningful or Important act		

Feel free to write down on paper or use the worksheet

