



How difficult are my activities?

Now that you have identified routine, necessary, and pleasurable things that you are not doing, the next step is to think about how difficult you would find doing those activities now.

Imagine that you had to do these activities today or tomorrow, how hard do you think you would find this? Try to rank all of your activities from most difficult to least difficult in the table below. Do not worry if you have a lot of activities in the most difficult end, your Psychological Wellbeing Practitioner will support you to break some of these activities down so that they are easier.

Most difficult

Medium difficulty

Least difficult
