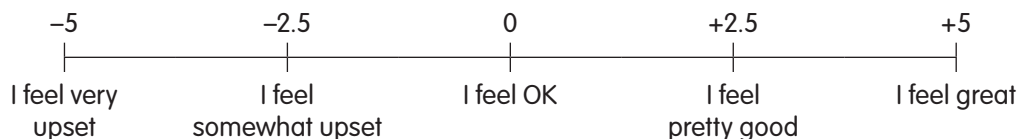


## Practice Exercise: ACCUMULATING Positive Experiences in the Short and Long Term

Due Date \_\_\_\_\_

### In the short term:

1. Engage in at least one activity from your list each day. Also consider the Parent–Teen Shared Pleasant Activities List. Please write down each activity on the list below. Add more rows if you need them.
2. Rate your mood *before* you start the activity and then *after*. Use rating scale below.
3. Remember to try to *stay mindful* of activity and unmindful of worries.



Date:						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
/	/	/	/	/	/	/
/	/	/	/	/	/	/

4. Were you mindfully participating in each activity? If yes, describe the effect on your emotional state. If no, what happened?

\_\_\_\_\_

\_\_\_\_\_

### In the long term:

1. List your **goal** and a **value** with which it is associated: \_\_\_\_\_
2. What is the first step in achieving your goal? \_\_\_\_\_
3. Take the first step. Describe how taking the first step made you feel? \_\_\_\_\_

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