



## SMART Tool

**PLANNING AN ENJOYABLE LIFE WORKSHEET**

Similar to the lifestyle audit, this worksheet encourages you to think of and actively plan enjoyable and meaningful activities.

<b>1. Describe three activities that you used to enjoy, but have stopped doing.</b>
1
2
3
<b>2. Describe three activities that you currently enjoy and would like to do more frequently.</b>
1
2
3
<b>3. Describe three activities that you engage in and want to stop.</b>
1
2
3
<b>4. Describe three activities that you have not done, but would like to start.</b>
1
2
3