

Weekly Schedule to Increase Motivation

Create a schedule of activities that will lead you to having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. You can decrease feelings of depression or lack of motivation by engaging in some activities you find enjoyable and by taking care of responsibilities you may be neglecting. Start with an activity you enjoy in order to increase motivation for your responsibilities.

DAY	MORNING	AFTERNOON	EVENING
Example	ACTIVITIES I ENJOY <ul style="list-style-type: none"> • Eat a full breakfast 	ACTIVITIES I ENJOY <ul style="list-style-type: none"> • Go for a 15 minute walk 	ACTIVITIES I ENJOY <ul style="list-style-type: none"> • Video chat with friends
	RESPONSIBILITIES <ul style="list-style-type: none"> • Wake by 8 AM • Virtually attend 9 AM class 	RESPONSIBILITIES <ul style="list-style-type: none"> • Complete online Spanish homework 	RESPONSIBILITIES <ul style="list-style-type: none"> • Post on discussion board for class • Go to bed by 11 PM
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			