



# Ideas Sheet

*Review what you do during the week and what you might want to change or add.*

Most of us have regular activities that we do every week.

This is a useful activity you can do when thinking about different aspects of your life, e.g., doing household chores, work and volunteering, and spending time with friends and family.

It can be useful for identifying times or days in the week when you are really busy or when you would like to do more.

You might identify activities that you want to change, or move, or stop doing altogether.

This can be a particularly useful activity when there is a big change in your life, e.g., when you start or finish a college course or move to a new town.

You can use the *My Week* template (sheet ref: T2) for this activity.