

## Reflection on my BA plan

Questions to ask myself about my week	My reflections
If I did my planned BA activities	<p>How did it go?</p> <p>What did I notice before I did them?</p> <p>What did I notice afterwards?</p> <p>Did it impact on what I did for the rest of that day?</p> <p>How did it impact upon the next day, and how I felt and what I did as a result?</p>

	<p>What did I notice on the days where I had no planned activity in? Did I think or feel different as a result? What did I do on those days?</p> <p>What have I learned as a result of carrying out my BA activities?</p> <p>What does this mean for my plan for next week? What do I think I need to do as a result?</p>
<p>If I did not manage to carry out my plan</p>	<p>What stopped me from carrying out my plan?</p> <p>Was this an internal problem or an external one?</p>

	<p>How can I overcome this next time?</p> <p>What do I think I need to do next week as a result?</p>
<p>Were there any particular times that I noticed myself going over negative things in my mind (ruminating)?</p>	<p>If so, when was this?</p> <p>Did this happen when I was engaged in my planned activities or at other times during the week?</p> <p>What was I doing at that time?</p> <p>How did it impact on what I did and how I felt afterwards?</p>

What does this teach me about my activity and my negative thoughts?

What may be helpful when planning activities next week and where I plan to fit them in as a result of this?