

## EXERCISE: Beginning to Get Active

Having read Chapter 4 (*Active*), what are the key values that you would like to guide you through your depression? Consider these different areas:

*Relationships*

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*Health*

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*Work*

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*Leisure and Fun*

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Pick out one of these areas and below, write down one small way in which you could take an action towards one of these values over the next week. Be as specific as you can. When would this happen? Where? With whom?

*My Action*

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