

Activity matrix (see p.233)

Fill the empty boxes along the top of the columns with activities you might try to do, then tick which characteristics (e.g. free to do, can be done alone, helps me relax) apply to the activity.

Activity							
Do alone							
Do with others							
Early in the day							
Evening							
Night-time							
Free activity							
Costs money							
Uses my mind							
Helps me relax							