

**Sometimes we get stuck in procrastination mode, ruminating about what we should or might like to do, but not feeling the motivation to do it.**

We tend to wait around until we think we'll feel like doing something, but often it's the act of actually going out and doing it anyway that improves our mood; remember that emotion follows motion.

With the activation technique, this gives us a more deliberate way of setting ourselves an activity, whether it be something that we might find accomplishment in or enjoyment of.

We then rate the activity between 1-10 based on how much better we expect to feel, and then we go out and complete the activity.

Once completed, we can then return to our original figure, and include how we actually felt on a scale of 1 to 10.



This technique is based on the premise that we often underestimate how much better we expect to actually end up feeling after doing something, and so the activation techniques can really highlight those everyday tasks and activities that we could otherwise feel so much better from doing.

**On the following page, have a go by writing down the type of activity you plan to do, whether it is for accomplishment, enjoyment (or both!), and note how you expect to feel and then how you actually felt.**



# Activation Technique

Setting out our  
goals and activities

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## Practise the Activation Technique

What am I going to do? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date I plan to start / finish: \_\_\_\_\_

Accomplishment, enjoyment or both: \_\_\_\_\_

How much better do I expect to feel after doing the activity:

① --- ② --- ③ --- ④ --- ⑤ --- ⑥ --- ⑦ --- ⑧ --- ⑨ --- ⑩

How much better I now actually feel after doing the activity:

① --- ② --- ③ --- ④ --- ⑤ --- ⑥ --- ⑦ --- ⑧ --- ⑨ --- ⑩

What am I going to do? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date I plan to start / finish: \_\_\_\_\_

Accomplishment, enjoyment or both: \_\_\_\_\_

How much better do I expect to feel after doing the activity:

① --- ② --- ③ --- ④ --- ⑤ --- ⑥ --- ⑦ --- ⑧ --- ⑨ --- ⑩

How much better I now actually feel after doing the activity:

① --- ② --- ③ --- ④ --- ⑤ --- ⑥ --- ⑦ --- ⑧ --- ⑨ --- ⑩