

# Comparing Expectations With Experience

Mood and motivation | Adults | 10 to 15 minutes

## Compare expected and actual experiences to guide an activity plan.

When mood is low, it can be hard to predict how an activity will feel. Choose one manageable activity and compare your expectation with your experience. The result helps you plan; it is not a test you must pass.

### Make a prediction

Before the activity, describe the effort you expect and whether you expect pleasure, connection, or a sense of accomplishment. You may use words such as low, moderate, or high. Pick an activity that fits your health, resources, and responsibilities.

### Notice more than enjoyment

Afterwards, record what actually happened. Something can be worthwhile without being fun. If the activity was draining or unhelpful, identify whether its timing, length, setting, or expectations need to change. One attempt does not determine whether the activity will always help.

### The activity, date, and realistic amount of time

### Before trying it I expect this effort and this experience

### After trying it I noticed this effort and this experience

### What I learned and what I would repeat or change