

Building a Meaningful Activity Plan

Mood and motivation | Clinicians | 50 minutes

Structure a session around one achievable and meaningful activity.

Outcome: the client identifies one meaningful activity, adjusts it to current capacity, and chooses how to review the result. Use collaborative language throughout. The client can pause, decline an exercise, or select a different priority.

Minutes 0 to 15

0 to 5: check mood, functioning, and immediate safety needs. 5 to 10: agree on a priority and ask what has been possible since the last meeting. 10 to 15: use MOO01 to notice patterns in activity, energy, demands, and support.

Minutes 15 to 40

15 to 25: use MOO02 to connect an action with personal meaning. 25 to 35: make the action smaller, specify timing, and identify barriers; use MOO04 if help is needed. 35 to 40: rehearse the first step and record an expectation using MOO03.

Minutes 40 to 50

40 to 45: ask whether the plan feels realistic and revise it with the client. 45 to 50: agree on what to observe, how to respond if the plan is not completed, and when to review it. Close with feedback and a brief check in. If assessment needs take priority, replace activity planning with appropriate care coordination.

Activity, smallest version, support, timing, and review plan