Exercise: Increasing everyday life management

Goal

You will learn to observe and change your behavior. Through this, you will gradually become more active again.

Instructions

Answer the questions below. Think about the areas where you need change and how you could start making that change.

Example

“I would like my basic fitness to improve so I have more energy.”

In which parts of daily life do you feel your sense of control has weakened?

What things would you like to change?

What could be a small step towards change?