

**Understand BA rationale, including link between activity and mood  
(What is BA & will it help me?)**

**What's important to me, what values do I have?  
(What guides me in my life?)**

**In line with my values: What are my hopes, wishes, dreams for the future?  
(How do I want to be?)**

**What am I currently doing  
(My Baseline)**

**What are my activities? Either doing already or future activity goals.  
(Routine, Pleasurable & Necessary)**

**Breaking things down into small steps from easiest to hardest  
(Hierarchy)**

**What are my specific day to day goals for next week starting with the easiest?  
(Specific appointments I make with myself)**

**Planning ahead for activities or looking back on my chosen activity goals  
(Looking at snags & solutions to them)**