

HANDOUT 22: PERSONALLY MEANINGFUL LIFE AREAS

In selecting activities to engage in, it can be helpful to consider personally meaningful life areas. In addition to scheduling pleasant activities, take some time to review the list of life areas and consider which areas might benefit from increased attention. If there is a life area that you feel you need to work on, consider selecting an activity that would help with that area. A few suggestions are provided.

Family relationships: How are things with your children, parents, or other relatives?

- Read to your son or daughter at night
- Call your parents
- Tell your family member you love them
- Other: _____

Social relationships : How are things with your friends?

- Eat lunch with a friend
- Invite a friend to the movies
- Call a friend
- Other: _____

Intimate relationships: How are things with your partner?

- Say I love you
- Go on a date
- Hold hands
- Other: _____

Education/training: What are your educational goals?

- Register for a class
- Study more
- Learn about other educational opportunities
- Other: _____

Employment/career: What are your career goals?

- Ask your boss to work on a specific project
- Set a goal at work
- Post your resume online
- Other: _____

Hobbies/recreation: What hobbies have you enjoyed?

- See pleasant activities list (Handout 21)

Volunteer work/charity/political activity: Are there meaningful ways you want to contribute to society?

- Volunteer at church or school

- Make calls for a political candidate
- Help someone
- Other: _____

Physical/health issues: Are you as healthy as you would like to be?

- Cook a healthy meal
- Go for a run
- Get a check-up
- Take a yoga or meditation class
- Other: _____

Spirituality: Do you feel spiritually connected?

- Go to a place of worship
- Read a religious book
- Practice meditation
- Other: _____

Personal Care: Do you feel like you are taking good care of yourself?

- Clean your house
- Take a shower
- Pay the bills
- Other: _____

Areas are based on the following references:

Lejuez, C. W., Hopko, D. R., Acierno, R., Daughters, S. B., & Pagoto, S. L. (2011). Ten year revision of the Brief Behavioral Activation Treatment for Depression: Revised treatment manual. *Behavior Modification*, 35(2), 111–161. <https://doi.org/10.1177/0145445510390929>

Lejuez, C. W., Hopko, D. R., & Hopko, S. D. (2001). A brief behavioral activation treatment for depression: Treatment manual. *Behavior Modification*, 25(2), 255–286. <https://doi.org/10.1177/0145445501252005>