**My energy level activities**

Some days you might not feel motivated enough to achieve the goals you've set yourself. Setting goals for yourself can also feel tiring in itself. To help you better manage your goals and energy levels, it might help to understand:

* What sort of activities you could do
* Whether each activity is high energy or low energy for you
* What helps you to relax

In the table below, you'll find some examples of different activity types. Try thinking about what you do at the moment, or would start or stop doing, in each category.

**Add your own ideas into the table when you feel ready.**

|  |  |  |  |
| --- | --- | --- | --- |
| **High-energy activities for your body** | **High-energy activities for your mind** | **Low-energy activities** | **Relaxation techniques** |
| Like walking, running, sport, showering, brushing hair, driving.  **I could try…** | Like watching TV or listening to a podcast you're engaged in, schoolwork, chatting with friends or family, reading books.  **I could try…** | Like watching something you aren't really interested in or have seen before, scrolling on social media, colouring in.  **I could try…** | Like meditation, yoga, deep breathing, mindfulness.  **I could try…** |

**Make sure you're doing activities you enjoy**. Social time with friends or partners, or time alone doing something fun, is an important part of wellbeing. It's just as important work, school or college.

If you find any of your activity goals difficult, try making things easier by breaking up the time, or choosing just 1 for the day. When you don't feel motivated, check your list of low-energy activities and choose something from there as a goal each day, rather than trying to make yourself do something high energy.

## **I'm still not feeling motivated…**

This checklist might help you encourage yourself if you're finding it hard to reach a goal or do an activity. Taking any of your low-energy activity ideas from the page before, fill them into the checklist below. When you don't have the motivation, having those options available on this checklist can help you feel like you already have a plan in place.

|  |  |
| --- | --- |
| **My low-energy activities** | **Have I tried this activity?** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |