



SUCCESSFUL REGULAR ACTIVITY WORKSHEET

Successful Regular Activity

Describe what it is, how you do it, how often do you do it and who is with you.

What?

How?

How often?

Who?

Difficulties You've Encountered Doing Your Successful Regular Activity

Describe what they are, the most common difficulty and what helps you to keep going.

What?

Most common difficulty?

How often?

What helps you complete this activity?