

Activities into smaller tasks

Think of an activity (eg shopping, cleaning the house, having a shower, cooking a meal). Think about your activity –what are the different steps to completing the task?

Think about these steps – do they have to happen at a particular time? Do you need to do them all in one go? Do you need to do all the steps?

Write a plan of how you would do this task in a number of steps and try it out

Once you have tried doing the task in smaller bits, write down how it felt. Was it easier? Frustrating? Did you have more energy? Did you feel you did it properly? Would you do it again? Would you do things differently next time?