**My Personalized Plan**

1. My depressive symptoms (e.g., lack of motivation, reduced sex drive):
2. My unhelpful thoughts (e.g., “I’m not good enough,” “No one likes me,”):
3. My unhelpful behaviors (e.g., isolating):
4. My values that can guide more enjoyable/important activities (e.g., caring friend, active):
5. Two specific activities I can try in the next week (e.g., call a friend, gratitude journaling, go for a walk):