

Low Mood & Motivation

Gentle support for the days when everything feels heavier than usual.

When mood is low, even simple things can feel difficult. This worksheet is designed to help you take small, realistic steps instead of waiting to feel fully motivated first.

Check in with yourself

What has felt hardest lately?

What is one small task I keep putting off?

Lower the bar on purpose

- Break one task into the smallest possible first step.
- Set a timer for 5–10 minutes and begin without pressure to finish.
- Choose one nourishing basic: eat, shower, rest, stretch, or step outside.
- Remind yourself: doing something small still counts.

Tiny wins

Three small things I can do today:

Supportive self-talk

What would I say to someone I care about who felt this way?

How can I say that to myself today?

My next step

The one thing I am most likely to follow through on today is:

This worksheet is for educational and supportive purposes and is not a substitute for emergency or crisis care.