



## TEMP Inventory Plan

*TEMP = Time • Energy • Motivation • Progress*

This framework helps you move from *awareness* to *action* by tracking what shapes your days and using that information to build momentum, not pressure.

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### How TEMP Fits Behavioral Activation

Behavioral Activation focuses on **what you do**, not how motivated you feel.

TEMP supports this by:

- Making patterns visible
  - Reducing avoidance
  - Supporting small, intentional action
  - Measuring progress through behavior, not perfection
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### T — TIME

***What fills your day shapes your mood and capacity.***

Identify where time is *used intentionally* vs. *lost to avoidance, rumination, or reactive planning*.

#### Track:

- What activities take up most of your time?
- When do you feel busy but not intentional?
- Where does time go without moving you forward?

#### Reflective Questions:

- *When am I planning vs. when am I preoccupied with what's next?*
- *What activities are aligned with my values or goals?*
- *Where does time slip away into scrolling, worrying, or overthinking?*

#### Common Patterns to Notice:

- **Reflect** → **Ruminate** (thinking without action)
- **Plan** → **Preoccupied** (future-focused without execution)



**Behavioral Insight:** Time awareness helps interrupt avoidance and creates space for intentional action.

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## E — ENERGY

***Energy fluctuates; planning with it matters more than fighting it.***

Match activities to *energy patterns*, not ideal schedules.

**Track:**

- Energy levels at different times of day
- Activities that drain energy
- Activities that restore or stabilize energy

**Reflective Questions:**

- *Where is my energy highest? Lowest?*
- *What consistently drains me?*
- *What activities leave me feeling steadier, even if tired?*

**Reframe:** Low energy does not mean “do nothing.” It means *adjust the size or timing of the action*.

**Behavioral Insight:** Activation works best when actions fit your energy, not when they fight it.

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## M — MOTIVATION

***Motivation is a result of action, not a prerequisite.***

You do not wait to feel motivated. You **act first**, then motivation follows.

**Core Reframe:**

- Action → Experience → Reinforcement → Motivation
- Not: Motivation → Action

**Reflective Questions:**

- *When do I feel more motivated; before or after doing something?*
- *What small actions tend to unlock momentum for me?*
- *What helps me start when motivation is low?*



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## Motivation Tools

### The 10% Rule

- Start with the *smallest doable action*
- Aim for “a little better,” not “fully motivated”
- Build *consistency before intensity*

### Examples:

- 2 minutes instead of 30
- One email instead of the whole task
- Putting on shoes instead of going for a walk

### Motivation Scale

- “On a scale of 0–10, how motivated do I feel right now?”
- “What would moving from a 2 → 3 look like?”
- “What action fits this level — not an ideal level?”

**Behavioral Insight:** Small actions count because they create evidence that change is possible.

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## P — PROGRESS

***Progress is movement, not perfection.***

**Behavioral Activation Focus:** Track *directional change*, not outcomes alone.

### Track:

- What actions did I take?
- What did I follow through on?
- What patterns are shifting, even slightly?

### Reflective Questions:

- *How do I know I’m moving in the right direction?*
- *What’s working that I want to repeat?*



- *What felt hard but meaningful?*

**Signs of Progress May Include:**

- Increased follow-through
- Reduced avoidance
- More structure or routine
- Slight mood or confidence shifts
- Faster recovery after setbacks

**Behavioral Insight:** Progress is often quiet at first. Tracking makes it visible.

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**Using TEMP as a Weekly Behavioral Activation Plan**

1. **Review TIME**  
Identify one area to simplify or make more intentional.
  2. **Check ENERGY**  
Match one action to a high- or steady-energy window.
  3. **Choose a MOTIVATION-FIT ACTION**  
Apply the 10% Rule or Motivation Scale.
  4. **Define PROGRESS**  
Decide in advance what “done” looks like.
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**Key Anchors**

- Action comes before motivation
  - Small steps change systems
  - Avoidance shrinks life; engagement expands it
  - Progress is built, not forced
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## Hour-by-Hour Time Inventory

**Purpose:** To make time use visible so you can identify patterns of engagement, avoidance, energy use, and opportunity for intentional action.

This is not about productivity.  
It's about awareness → choice → alignment.

### Instructions

- Complete this for **one typical day** (or 2–3 days for stronger patterns).
- Write what you *actually did*, not what you planned to do.
- Use short phrases. No explanations needed yet.

### Daily Overview

Date: \_\_\_\_\_

Day Type:  Work  Off  Mixed  High-Stress  Low-Demand

Sleep Quality (0–10): \_\_\_\_\_

### Hour-by-Hour Log (*Adjust hours as needed.*)

Time	What I Did	How It Felt (Energy/Mood)	Intentional or Automatic?
6–7			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
7–8			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
8–9			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
9–10			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
10–11			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
11–12			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
12–1			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic



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Time	What I Did	How It Felt (Energy/Mood)	Intentional or Automatic?
1-2			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
2-3			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
3-4			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
4-5			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
5-6			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
6-7			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
7-8			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
8-9			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
9-10			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic
10-11			<input type="checkbox"/> Intentional <input type="checkbox"/> Automatic

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### Pattern Reflection

#### Time Awareness

- What took up more time than I expected?
- Where did time disappear without intention?
- Which hours felt most structured? Least?

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#### Energy Mapping

- When was my energy highest?
- When did it dip?
- What activities drained energy vs. stabilized it?

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#### Avoidance & Engagement Check



- Where did I notice:
    - Rumination
    - Scrolling
    - Over-planning
    - Task switching
  - Where did I notice:
    - Focus
    - Completion
    - Relief after action
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#### Behavioral Activation Insight

- What action improved my mood *after* I did it?
  - Where did avoidance increase stress later?
  - What is one small change I could try tomorrow?
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#### Link to TEMP Framework

- **TIME:** What patterns do I see?
  - **ENERGY:** What hours are best for action?
  - **MOTIVATION:** What did I do *before* motivation showed up?
  - **PROGRESS:** Where did I move forward, even slightly?
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#### One-Line Daily Takeaway

Today I learned that my time \_\_\_\_\_.