

Activity	Purpose of homework	What do you look at when reviewing this homework?	What do you want to pick out to discuss with the client from this?	What do you want to learn about the client by reviewing this homework?
Values Assessment Food Intake Exercise	Feedback on behaviour / self-awareness of behaviour Identify what's working / not	1. Overall trend/ patterns (days of week) 2. Week on week progress 1. Completion of activity 2. Specifics of activities- Progress towards goals	Exceptions - could be positives / negatives - depends on the overall pattern From a positive psychology POV - picking out positive experiences to talk about Celebrate and reinforce positives / completion - that's great, awesome!	Way to extrapolate what happened in their week Find out what's working, focus on them, figure out how to do more of that - Wow, you've obviously done something different on these days - what was that? Find out barriers - discuss how to manage them / underlying issues
Deep Breathing	Depends on client - e.g. could be tied to an ultimate goal to improve relationships Get them to notice that they feel better after	Reflection on doing deep breathing - how they feel - what thoughts and feelings show up - after doing this - do you feel better or worse	Exceptions - could be positives / negatives - depends on the overall pattern Reinforcement of positive outcome / feeling more present Negative outcomes - discuss	Find out what's working / not, troubleshoot and practice if they are having difficulties (e.g. if negative emotions show up - let's practice what we can do when negative emotions show up)
Open Journalling	To encourage clients to start to notice their thoughts NOT just writing about what happened / sequence of events	Keywords, events, thoughts	Keywords, events, thoughts	Whether they are able to notice their thoughts experiences emotions and linking / processing them
Sleep Tracking		Item completion on checklist before bed Time to bed, sleep onset, time they	Positives / negatives: days with good/bad sleep	If there is a goal: if they are keeping with their goals - falling asleep / waking up / 8hrs