

- 1. In the tables below brainstorm some positive activities in the different areas of your life that you consider meaningful to you.
- 2. Rate each one on a scale of 1-10 of how challenging you believe that activity to be for you to do (1 being very easy and 10 being extremely challenging **CS= Challenge score**)
- 3. Mark each activity as being one you would do for pleasure (P) or for a sense of mastery (M)

Employment			Family/Relationships	-		<b>Emotional Health</b>		
Activity	CS	M/P	Activity	CS	M/P	Activity	CS	M/P
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Physical Well- Being			Spirituality		
Activity	CS	M/P	Activity	CS	M/P