

## WORKSHEET 9.1: DIARY TO HELP IDENTIFY THE AREAS OF YOUR LIFE THAT YOU CURRENTLY USE TO EVALUATE YOURSELF

<i>Day</i>	<i>What happened that made you feel particularly good or bad about yourself?</i>	<i>What domain of your life does it represent – e.g. social life, work, education, finances, emotional or spiritual health, close or important relationships, being a good community citizen, valued pastimes, fitness, sport?</i>	<i>Write down what you thought and the words to describe how you felt, and rate the intensity of the feelings from 0 to 100</i>
Monday			
Tuesday			

Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

If \_\_\_\_\_ then \_\_\_\_\_