

# Weekly Rating Sheet

On a scale from 0 to 100, how well is your life working?

Date →													
Scale ↓	<b>The way I'm spending each day makes me feel alive and fulfilled</b>												
100													
95													
90													
85													
80													
75													
70													
65													
60													
55													
50													
45													
40													
35													
30													
25													
20													
15													
10													
5													
0													
	<b>The way I'm spending each day makes life seem pointless, meaningless, and not worth living at all</b>												