## Weekly Rating Sheet

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

Date →												
Scale ↓	1	The way	I'm spe	nding en	ich day	makes n	ne feel o	live and	fulfilled	1		
100		ine way	i in spe	numg ea	ch day .	makes n	ile leel a	nve anu	lummed			
95												
90												
85												
80												
75												
70												
65												
60												
55												
50												
45												
40												
35												
30												
25												
20												
15												
10												
5												
0												
	The way I'm spending each day makes life seem pointless, meaningless, and not worth living at all											