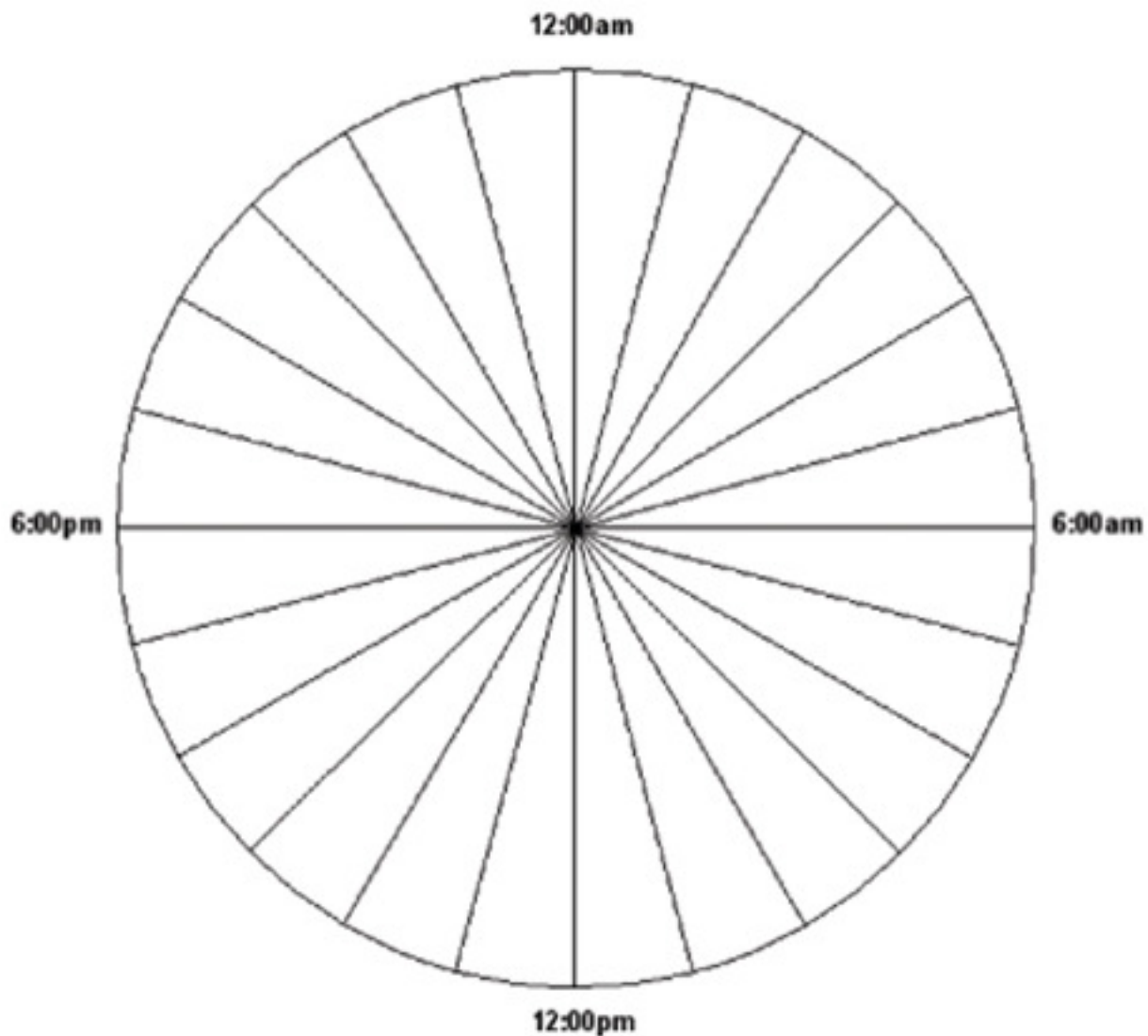


ACTIVITY WHEEL



Sense of achievement: 1 – 10 (1 = very low and 10 = very high)

Pleasure: 1 – 10 (1 = very little pleasure and 10 = a lot of pleasure)

How to fill in an activity wheel:

1. Use one wheel per day.
2. Starting from when you wake up in the morning, write down the main thing you were doing during each hour of the day.
3. Give each hour segment a rating out of ten for:
 - Sense of achievement – ie. high achievement for something you found difficult to do
 - Pleasure – ie. how much you felt you got some pleasure/ enjoyment from whatever you were doing.
4. You could make a colour code to colour in the segment instead of using a number for the pleasure = rating, eg. dark grey for 1 through to bright red for 10.
5. The pleasure and achievement ratings might be very different for the same activity – you don't have to enjoy something in order to see it as an achievement. Give yourself a high achievement rating for any activity, no matter how small, if you have been finding that activity difficult or haven't been doing it (eg. getting out of bed).