

What do you want to happen? -----

Name/date.....

Where are you now? What makes you feel at that place, and not one place lower or higher? What can you try to do to move along the scale? How can you try to help yourself?

What tiny change can you try to make? Who can help you?

Do you think that anybody can feel at level 10 all of the time? Why, or why not?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

