

The Enjoyment Score: Analyzing Your Activity List

Using the Activity List that you create previously, divide that list into two categories – on the left, copy down all of the activities that you scored 6-10 on the scale of Enjoyment (in other words, all the things you love or enjoy doing). On the right, copy down all of the activities that you scored 5 or less on the scale of Enjoyment (the things you hate or dislike doing).

6 – 10 Enjoyment Score

[illegible]

1 – 5 Enjoyment Score

[illegible]

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