

# Personal Accomplishment and Pleasure Scales



As you chart your activities over the week, it can be helpful to understand the sense of accomplishment and pleasure you get from these activities.

## Weekly Activities

List examples of activities below, placing them in order of no sense of accomplishment (0) to a great sense of accomplishment (10) and least pleasurable (0) to most pleasurable (10).

### Accomplishment Scale

For 0, what would be an activity that gives you absolutely no sense of accomplishment? For 10, what has given you the greatest sense of accomplishment or what can you imagine would give you that? What would be a 5 on your scale? A 3? A 7?

0. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

### Pleasure Scale

For 0, what would be an activity that gives you absolutely no pleasure? For 10, what has given you the most pleasure or what can you imagine would give you the most pleasure? What would be a 5 on your scale? A 3? A 7?

0. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

