


# Mastery-Pleasure Ratings Worksheet

**Instructions:** For each day, list the activities you did, rate them for Mastery and Pleasure (0-10), and compute the MP score (optional).

**Day** \_\_\_\_\_

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

A faint, light blue illustration of a woman with short blue hair, wearing a blue t-shirt and blue pants, sitting in a meditative pose on a yellow cushion. She has her arms outstretched to the sides. To her left is a blue circle containing a yellow heart, and to her right is a blue circle containing a yellow dollar sign. The background is a light blue gradient with scattered yellow geometric shapes like diamonds, triangles, and crosses.

## End of Week Review:

Top 5 High-Yield Activities:

1.	
2.	
3.	
4.	
5.	

Adjustments for next week:

Repeat: \_\_\_\_\_

Reduce: \_\_\_\_\_

**Legend:** Activity | Mastery (0-10) | Pleasure (0-10) | MP Score (M+P) | Circle if MP  $\geq 12$  or M/P  $\geq 7$