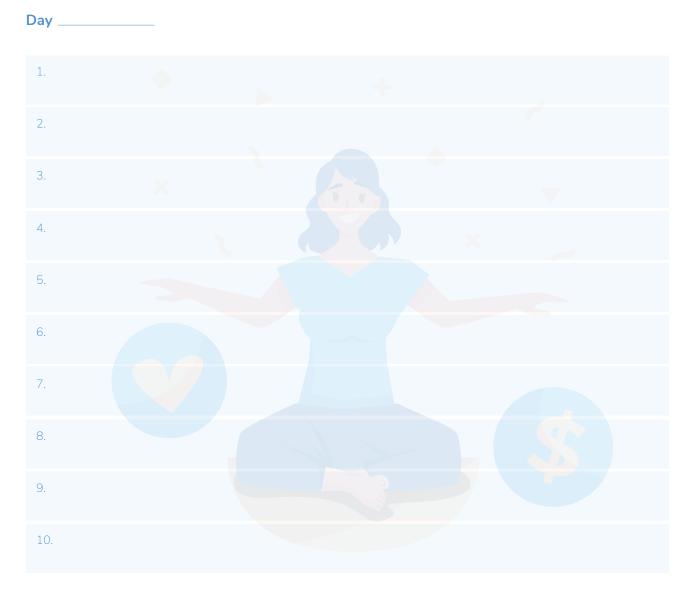
Mastery-Pleasure Ratings Worksheet

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



End of Week Review:

p 5 High-Yield Activities:
ljustments for next week:
peat:

Legend: Activity | Mastery (0-10) | Pleasure (0-10) | MP Score (M+P) | Circle if MP >= 12 or M/P >= 7