The Pleasure-Predicting Sheet

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity for Satisfaction (Either pleasure or achievement)</th>
<th>Who With?</th>
<th>Predicted Satisfaction 0-100%</th>
<th>Actual Satisfaction 0-100%</th>
</tr>
</thead>
</table>

Note if you engaged in the activity alone, specify ‘self’. Rate predicted satisfaction before you complete the activity, and rate actual satisfaction after you complete the activity.