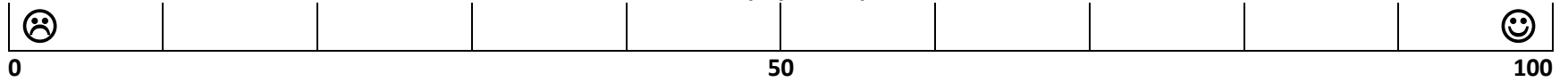


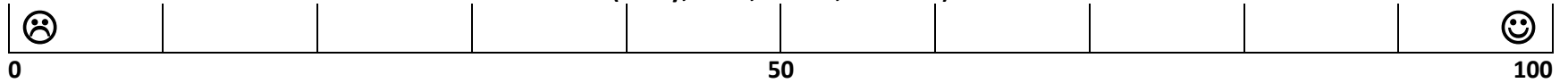
## My Life Tracker

Put a mark at the place on the line that shows how you have been feeling over the past week (or since your last session) in each of the following areas:

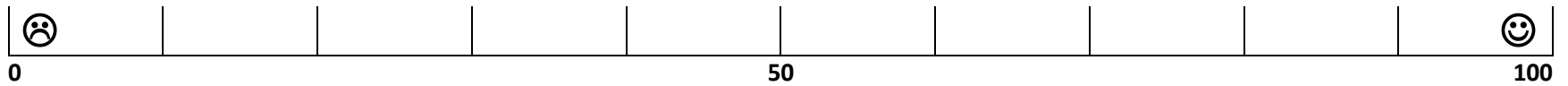
**Your general well-being**  
(Emotional, physical, spiritual)



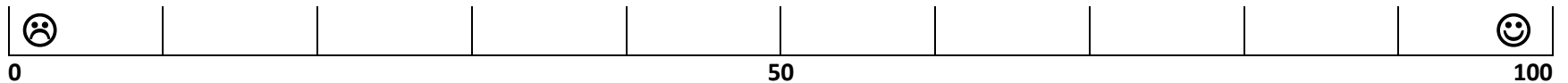
**Your day-to-day activities**  
(Study, work, leisure, self-care)



**Your relationship with friends**



**Your relationship with family**



**How you are coping**  
(Dealing with life, using your strengths)

