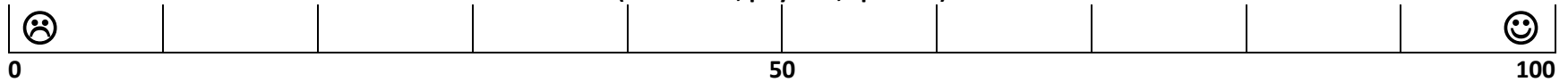


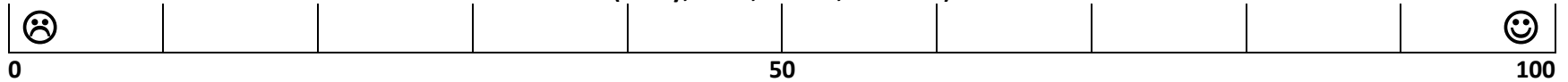
My Life Tracker

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:

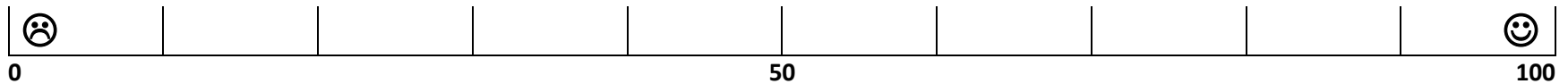
Your general well-being
(Emotional, physical, spiritual)



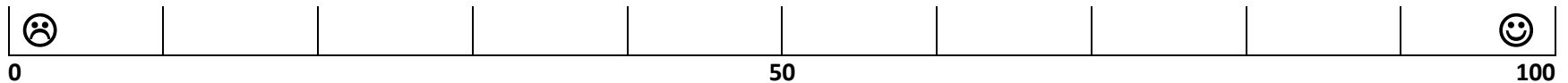
Your day-to-day activities
(Study, work, leisure, self-care)



Your relationship with friends



Your relationship with family



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

