## **ACE Log**

## (Achievement, Closeness, Enjoyment)

Our mood can be greatly affected by what we do, when, and with whom. Keep track of what you do each day which gives you a sense of Achievement, Closeness to others, and Enjoyment. Write down the day, date and time, the activity, and rate the sense of Achievement, Closeness and Enjoyment on a scale of 0 (none) – 10 (maximum), or simply tick the relevant ACE columns.

Day Date Time	Activity – what you did, who you were with	Achievement	Closeness	Enjoyment
		Α	С	E
Monday 10 <sup>th</sup> 7pm	Example: Played computer games after tea	1	1	7
Tuesday 11 <sup>th</sup> eve	Example: Telephoned Miriam and invited her around for coffee	4	9	8

Day Date Time	Activity – what you did, who you were with	Achievement	Closeness	Enjoyment
		Α	С	E