



# ACE Log (Achievement, Closeness, Enjoyment) Worksheet

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 if easier. From here you can start to plan 'positive activity planning' and allow people to be mindful of what they get out of their actions/behaviours etc.

Day Date Time	Activity - What you did, who you were with...	Achievement A	Closeness C	Enjoyment E
Tues 11th Eve	Example: Telephoned Miriam and invited her around for coffee	4	9	8
Saturday 7pm	Played Computer games after tea	1	1	7