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Rate Your Mood



Rate how you feel just now. Are you:

Before

	Very bad	Bad	OK	Good	Very good
Enjoying an activity/Feeling happy?	☐	☐	☐	☐	☐
Feeling relaxed and calm?	☐	☐	☐	☐	☐
Completing goals with a sense of achievement?	☐	☐	☐	☐	☐
Enjoying being with others?	☐	☐	☐	☐	☐
Aware of God's presence	☐	☐	☐	☐	☐

After

	Very bad	Bad	OK	Good	Very good
Enjoying an activity/Feeling happy?	☐	☐	☐	☐	☐
Feeling relaxed and calm?	☐	☐	☐	☐	☐
Completing goals with a sense of achievement?	☐	☐	☐	☐	☐
Enjoying being with others?	☐	☐	☐	☐	☐
Aware of God's presence	☐	☐	☐	☐	☐

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