WORKSHEET 1.1

Yesterday on the scale

Five or six moments from yesterday that involved other people. Describe the kind of interaction, not the people.

MOMENT	ON THE SCALE	AT THE TIME	2 TO 3 HOURS LATER

On the scale: more outgoing · about normal · more reserved
At the time / later: better · same · worse / more tired · same · more energized

What felt good at the time but cost you later?

What gave you something back?