## ACE Log

## (Achievement, Closeness, Enjoyment)

Our mood can be significantly influenced by our daily activities, the timing of those activities, and the company we keep. To effectively manage these factors, it's essential to keep a record of your daily experiences that contribute to your 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
Monday 10 <sup>th</sup> 7pm	Example: Reading a book after dinner	1	1	7
Tuesday 11 <sup>th</sup> 8pm	Example: Telephoned Miriam and invited her around for coffee	4	9	8