

Pleasure Predicting Sheet *

Activity Schedule activities for pleasure, learning, or personal growth	Companion- Who will you do this with?	Predicted Satisfaction (0 - 100)	Actual Satisfaction (0 - 100)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

* Copyright © 1980 by David D. Burns, MD.