Therapy-on-Sea

Improvement Tracker

This is a progress tracker. Circle the number that describes your current state.

This is repeated in 6 to 8 weeks' time.

In-between that time put your focus on the lower scores on the tracker to see if you can improve them a couple of points.

1 = disappointing 5 = ok 10 = amazing

Joy	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Work	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Family	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Friends	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Exercise	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Energy	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Creativity	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Socialising	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Gratitude	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Alone time	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Meditation	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Mindset	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Couple time	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Emotions	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
The Past	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
The Future	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Love	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*
Communication	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*

Sian Hines Counsellor and Hypnotherapist (Ad Dip Psy C, Prof. Dip Psy C)