

How am I doing?

There are lots of things that can help us feel ka pai. In cool news, with this sheet there's no right or wrong! Your answers might change each time. Just base your ratings on what you've done over the past month.

Get started!

1. For each line, 'x' the number that feels about right (see super scale)
2. Connect each x to the one beside it by ruling a straight line.
3. Colour in your unique shape!
4. Complete the questions & drawings on page 2.

SUPER SCALE

0. I haven't done this.
1. I've hardly done this.
2. I've done this once or twice.
3. I've done this most weeks.
4. I've done this lots!
5. I'm doing this most days.

