

## Worksheet 4.20 Well-Being Diary Instructions

In order to help you experience more well-being in your life, you are being asked to keep a well-being diary. Please identify and write about current and/or previous well-being experiences in your life, no matter how brief those well-being experiences may have been (Ruini and Fava, 2004). After writing about each experience and the circumstances that brought about those experiences, please rate each experience on a scale of 1 to 100, with 0 representing the complete absence of well-being and 100 the most intense well-being possible.

The following chart can be copied, bound together, and then used as a guide for you in completing this diary assignment.

Well-being experience:

Please write about your well-being experience below. Be sure to include when this experience occurred, the circumstances that lead to the well-being experience, the role you or others played in making this experience occur, and how you felt during and after this well-being experience.

Well-being rating for this well-being experience:

(Rating scale = 1 to 100, with 1 representing the complete absence of well-being and 100 the most intense well-being possible.)