

Pleasure-Predicting Sheet

Belief: _____

<p align="center">Activity Schedule activities with the potential for pleasure, learning, or personal growth.</p>	<p align="center">Companion Use "self" for things you plan to do alone.</p>	<p align="center">Predicted Satisfaction (0%–100%) Record before each activity.</p>	<p align="center">Actual Satisfaction (0%–100%) Record after each activity.</p>