## THE SMALL PICTURE: RATING TOMORROW

Again, fill in the labels for your strongest positive and negative *physical* reactions. Next, go through the hourly time slots and note all the activities you plan to do tomorrow. Let go of judgment, guilt, and anxiety; think about each activity; and note how positively or negatively *your body* reacts to each item.

| | Strongest Negative Feeling | | | | | | |
|---|---|---|---|---|---|---|---|
| 5–6 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 6–7 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 7–8 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 8–9 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 9–10 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 10–11 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 11 A.M.–noon | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| noon–1 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 1–2 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 2–3 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 3–4 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 4–5 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 5–6 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 6–7 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 7–8 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 8–9 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 9–10 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 10–11 P.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 11 P.M.–12 | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 12–1 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 1–2 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 2–3 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 3–4 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |
| 4–5 A.M. | –10 | –9 | –8 | –7 | –6 | –5 | –4 |

| Neutral Response | | | | | | | | | | | | | Strongest Positive Feeling |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |
| –3 | –2 | –1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10 |