

Use the chart to assess how satisfied you are with the past week. Place your x's on the chart using the following guidelines:



5: Highly satisfactory. A real pearl – with lots of activities and intimacy. I will remember this day with real pleasure.

4: A good day. I am satisfied with it. I used a lot of my time on activities and also experienced some intimacy.



3: Nothing to complain about. The day was like so many others. Nothing exceptional happened. A greater part of the day was taken up by pastimes and routines. There was also time for a few activities, but there was no real intimacy.

2: Unsatisfactory. A sad and meaningless day. I didn't achieve anything other than pastimes. A day I am not proud of.



1: A really bad day. A completely meaningless day. I wasted my time on isolation and/ or games. Pearls were crushed. A day I would prefer to forget.

My assessment \ Days of the week	😊		😐		☹️
	5	4	3	2	1
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Was the past week typical for you?

Did you spend enough time on activities and intimacy?

Reflect about time every once in a while!

Avoid isolation – you can just as easily say hello to people, even people you do not know.

Once you have reached the ritual stage, conversation is not so far away.

Become more involved in communicating with other people.

Turn pastimes into activities.

Spend as much time as possible on activities and intimacy.

Then there will be less space between the pearls on your string.

In this way, you improve the quality of your time and your life.