मनSense Counseling

Purpose: Notice activities that feel doable+nourishing

Activity	Ease (1-10)	Rewarding (1-10)	Emotional/Physical State		Information		When did I do it last?	When do I want to do it next?
			Before Activity	After Activity	Barriers Noticed	Supportive Action/s To Make Activity 10% Easier	(optional)	
e.g. walk with music	7	10	dull, tired	refreshed, energetic	changing into outdoor clothes	start music before changing; keep a default walking outfit ready		