

<p>ACCOMPLISHMENT</p> <p>0=None (e.g., losing an argument with my partner)</p> <p>5=Smaller but important (e.g., cleaning my room)</p> <p>10=Most Accomplishment (e.g., going on a job interview)</p>	<p>PLEASURE</p> <p>0=None (e.g., paying taxes),</p> <p>5=Smaller but enjoyable (e.g., going for a walk)</p> <p>10=Most Pleasure (e.g., spending a day with a loved one)</p>
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10