

## SELF-ASSESSMENT

### HOW DID YOU FEEL?




## 1. HOW DID YOU FEEL?

- Colour 1 bar if you felt bad (10%)
- Colour in 2 bars if you felt average (30%)
- Colour 3 bars if you felt good (60%)
- Colour 4 bars if you felt very good (80%)
- Colour 5 bars if you felt great (100%)

Write the quantity that corresponds to the number of bars

**Level of feeling**

Capturing feeling...



----- %

Explain, only if you want to, why you felt this way



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