

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