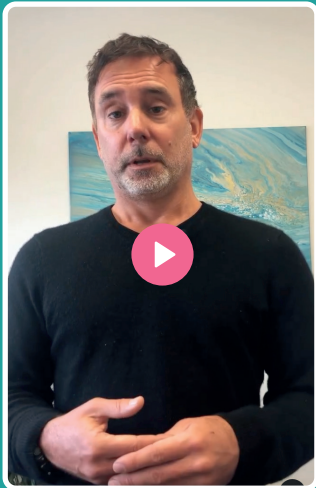


# ACE Log

What you do, when you do it, and who you're with can have a great influence on your mood. So, why not keep a little log of the things that make you feel accomplished, those wonderful connections with friends, and the stuff that simply sparks joy?



Let's keep it simple to stay healthy, happy and balanced with ACE:

**Achieve** - work, chores, study and celebrating the small wins

**Connect** - coffee date with friends, phoning family, joining a society, volunteering

**Enjoy** - fav dish, gaming, movie night, hobby

When stress hits, we often focus too much on achieving, leaving out the fun and connecting bits. When we're down, we tend to withdraw. And when anxiety strikes, we dodge what makes us anxious.

Here's the hack: Make daily 'me-time' a must! It's about relaxing, having fun, and enjoying life. Aim for balance - mix in tasks that give you a sense of accomplishment, those that help connect you with others, and those that simply make you happy.

This ACE log can help keep track & It's super easy to use: simply jot down the day, date, time, the cool stuff you did, and rate how much of a buzz you got from Achievement, how awesome the Connection was, and how much pure Enjoyment you soaked up. You can rate it from 0 (didn't hit the mark) to 10 (absolute jackpot), or just tick the ACE boxes.

Day Date Time	Activity - what you did, who you were with	Achievement	Connection	Enjoyment
Monday 19th Sept 7pm	Example: Played video games after dinner	1	1	7
Tuesday 20th Sept 2pm	Example: Called miriam and invited her around for coffee	4	9	8

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