

Table 6.2: Hassles and uplifts worksheet

Hassles	Rate the hassle on a scale of 0-10 (0 = no hassle, 10 = extreme hassle)	Uplifts	Rate the uplift on a scale of 0-10 (0 = no uplift, 10 = extreme uplift)
<b>Hassles total score</b>	=	<b>Uplifts total score</b>	=