

# ACE Log

Achievement • Closeness • Enjoyment

**ACE** is a simple way of noticing three experiences that can support emotional wellbeing: **Achievement** — doing, coping or completing; **Closeness** — feeling connected; and **Enjoyment** — pleasure, comfort, interest or satisfaction.

## Why use an ACE log?

When mood is low or life feels demanding, attention can become drawn towards what went wrong, what is unfinished or what feels difficult. This worksheet is not about pretending everything is positive. It helps build a fuller picture of everyday life by noticing moments that might otherwise pass unnoticed.

What would I like this worksheet to help me notice?

# 1. Achievement

Achievement does not have to be impressive or productive. On a difficult day, getting out of bed, showering, preparing food, replying to a message, attending an appointment, resting when needed or asking for support can all represent achievement.

**Ask:** Did this require effort, courage, persistence, responsibility, problem-solving or self-care?

**Small achievements I often forget to give myself credit for...**

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**One achievement from today...**

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## 2. Closeness

Closeness is about connection. It might be a meaningful conversation, sitting quietly with someone, sending a message, sharing humour, spending time with an animal, belonging to a group, or responding to yourself with kindness rather than criticism.

**Remember:** connection does not have to be intense. A brief moment of feeling seen, accompanied, understood or less alone can count.

**People, places or experiences that help me feel connected...**

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**A moment of closeness I noticed today...**

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### 3. Enjoyment

When mood is low, enjoyment may be quieter than expected. Rather than looking only for happiness, notice comfort, interest, relief, calm, curiosity, satisfaction or a moment that simply felt a little easier.

**Think small:** a warm drink, music, fresh air, a favourite programme, a shower, humour, a hobby, a comfortable texture, nature or a few uninterrupted minutes.

Things that can bring me enjoyment, comfort or interest...

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Something I enjoyed or appreciated today...

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## 4. My Daily ACE Log

Record activities or moments from your day. Score each from 0–10 for Achievement (A), Closeness (C) and Enjoyment (E). One activity may score in several areas. Zero is also useful information — there is no target score.

| Activity / moment | A<br>0–10 | C<br>0–10 | E<br>0–10 | What I noticed |
|-------------------|-----------|-----------|-----------|----------------|
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| <b>What stands out when I look back over today?</b> |
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## 5. A Second Day of Noticing

Repeat the log on another day. Different days naturally produce different patterns. The purpose is observation rather than comparison or perfection.

| Activity / moment | A<br>0–10 | C<br>0–10 | E<br>0–10 | What I noticed |
|-------------------|-----------|-----------|-----------|----------------|
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| <b>What was different today? What stayed similar?</b> |
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## 6. Looking for Patterns

Once you have recorded a few experiences, look for patterns. Which activities repeatedly support you? Which take considerable energy? Are there times of day when connection or enjoyment is easier to access?

**Activities that tend to give me a sense of achievement...**

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**People or activities that tend to support closeness...**

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**Activities that tend to bring enjoyment, comfort or interest...**

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**Something I have learned about my energy or mood...**

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## 7. Building Balance Gently

ACE is not a demand to be productive, sociable and happy every day. Health, neurodiversity, responsibilities, grief, stress and energy can all affect what is realistic. The aim is to notice whether one small ACE opportunity could be added, protected or made easier.

**One realistic Achievement activity...**

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**One realistic Closeness activity...**

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**One realistic Enjoyment activity...**

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**What could make these more accessible or manageable?**

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## 8. When Motivation Is Low

Low mood can reduce motivation, energy and anticipation of pleasure. Sometimes we wait to feel motivated before beginning, but a very small action can occasionally create momentum. This is not about pushing through exhaustion; it is about making the starting point smaller and kinder.

**Shrink the step:** “go for a walk” could become “stand outside for two minutes.” “Contact a friend” could become “send one message.” “Sort the room” could become “put away one item.”

**Something I have been putting off because it feels too big...**

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**What would the smallest possible version look like?**

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**Which ACE area might this support?**

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## 9. My ACE Plan

Use this page to create a gentle plan. It does not need to fill every space. Rest can be part of a balanced plan too.

**ACHIEVEMENT — one thing I might do...**

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**CLOSENESS — one way I might connect...**

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**ENJOYMENT — one thing I might make space for...**

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**REST / RECOVERY — what does my body or mind need?**

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## 10. Reflection

**What surprised me while completing the ACE log?**

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**Which area feels easiest for me to access?**

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**Which area may need a little more attention?**

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**What small positive experience do I want to remember from this week?**

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### **A message from Space to Breathe Therapy**

Not every day will contain big achievements, deep connection or obvious enjoyment. Sometimes the important moments are much smaller: getting through something difficult, replying to one message, noticing the sun through a window, sharing a few words with someone, or allowing yourself to rest. These moments matter too. The ACE log is not a scorecard for how well you are living. It is simply a way of helping you notice more of what is already there.

**Note:** This worksheet is a reflective wellbeing resource and is not a substitute for individual mental-health assessment or treatment. If low mood is persistent, worsening, or you feel unsafe, seek appropriate professional or urgent support.