**Barometer – självskattning**

**Datum: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Namn: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Ringa in den siffra i rutan som bäst motsvarar hur du mår just nu

**10 = mycket bra**

**0 = mycket dåligt**

|  |  |  |
| --- | --- | --- |
|  | **10** |  |
| **9** |  |
| **8** |  |
| **7** |  |
| **6** |  |
| **5** |  |
| **4** |  |
| **3** |  |
| **2** |  |
| **1** |  |
| **0** |  |