



VITAL ABSORBING CREATIVE INTEREST (VACI) 'BEFORE AND AFTER' LIST

Use this table to make a list of the VACIs that interest you. Write it down then rate it, 1-10, on how much it interests you. After you try it, come back to the list and rate it again to see how closely your “before and after” ratings are.

VACI	Before 1-10	After 1-10	Comments/Thoughts

