Rating my goals

My goals for feeling better

Goal 1: ……..……..……

……

……Today's date___/___/___

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

One month re-rating (Today's date___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Two month re-rating (Today's date___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Three month re-rating (Today's date___/___/___)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Goal 2: .....

.....

.....Today's date___/___/___

I can do this now (circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

One month re-rating (Today's date___/___/___)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Two month re-rating (Today's date___/___/___)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Three month re-rating (Today's date___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Goal 3: ……..……..……..……

……

……Today's date___/___/___

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

One month re-rating (Today's date___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Two month re-rating (Today's date___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Three month re-rating (Today's date___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often	Any time	