



My goals for feeling better

Goal 1:

.....

..... Today's date ___/___/___

I can do this now (end of treatment rating;
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 (end of treatment rating;
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 (end of treatment rating;
circle a number):

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

**Take a moment to reflect on how far you have come.
Perhaps there are other things that have changed that**