



My goals for feeling better

Goal 1:

.....

.....

I can do this now (Today's date __/__/__)

(circle a number):

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

One-month rerating (date __/__/__)

(circle a number):

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

Two-month rerating (date __/__/__)

(circle a number):

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

Three-month rating (date __/__/__)

(circle a number):

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

Goal 2:

.....

.....

I can do this now (Today's date __/__/__)

(circle a number):

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

One-month rating (date __/__/__)

(circle a number):

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

Two-month rating (date __/__/__)

(circle a number):

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

Three-month rerating (date __/__/__)

(circle a number):

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

Goal 3:

.....

.....

I can do this now (Today's date __/__/__)

(circle a number):

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

One-month rerating (date __/__/__)

(circle a number):

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

Two-month rerating (date __/__/__)

(circle a number):

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

Three-month rerating (date ___/___/___)

(circle a number):

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