

## Rating my goals



**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