

My goals for feeling better (worksheet 5)

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 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 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 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

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