

Re-rating my goals and targets

We asked you to set goals and targets at the start of this book. If you did, re-rate these again now using the form below and compare the progress you have made on each area.

Goal number 1:

Today's date.....

At the start of the treatment I could do this:

0 1 2 3 4 5 6

I can do this now (circle a number):

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

Goal number 2:

Today's date.....

At the start of the treatment I could do this:

0 1 2 3 4 5 6

I can do this now (circle a number):

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

Goal number 3:

Today's date.....

At the start of the treatment I could do this:

0 1 2 3 4 5 6

I can do this now (circle a number):

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