Rating my goals

My goals for feeling better						
Goal 1:						
Today's date//						
I can do this now (circle a number):						
0	1	2	3	4	5	6
Not at a	II (Occasiona	ally	Often	Any ti	me
One month re-rating (Today's date//(circle a number):				_/)		
0	1	2	3	4	5	6
Not at a	(Occasiona	ally	Often	Any ti	me
Two month re-rating (Today's date/) (circle a number):					_/)	
0	1	2	3	4	5	6
Not at a	ally	Often	Any ti	me		

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Three month (circle a numb	(Today's date/)			
0 1	2 3	4	5	6
Not at all	Occasionally	Often	Any time	
Goal 2:				
		Today's d	ate/_	_/_
I can do this	now (circle a	number):		
0 1	2 3	4	5	6
Not at all	Occasionally	Often	Any t	ime
One month r (circle a numb	_	(Today's d	ate/_	/)
0 1	2 3	4	5	6
Not at all	Occasionally	Often	Any t	ime
Two month r	(Today's d	ate/_	/)	
0 1	2 3	4	5	6
Not at all	Occasionally	Often	Any t	ime

Three month (circle a numb		(Today's date/)		
0 1	2 3	4	5 6	
Not at all	Occasionally	Often	Any time	
Goal 3:				
		Today's d	ate//	
I can do this	now (circle a	number):		
0 1	2 3	4	5 6	
Not at all	Occasionally	Often	Any time	
One month r	e-rating	(Today's d	ate/)	
(circle a numb	er):			
0 1	2 3	4	5 6	
	Occasionally			
	e-rating		ate//)	
0 1	2 3	4	5 6	
Not at all	Occasionally	Often	Any time	

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Three month re-rating (circle a number):				(Today's date/)			_)
		2 Occasio	3 onally		5 Any	6 / time	