

# Worksheet 3: My goals

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 re-rating (date \_\_\_/\_\_\_/\_\_\_)

(circle a number):

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

Two month re-rating (date \_\_\_/\_\_\_/\_\_\_)

(circle a number):

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

Three month re-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 re-rating (date \_\_\_/\_\_\_/\_\_\_)

(circle a number):

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

Two month re-rating (date \_\_\_/\_\_\_/\_\_\_)

(circle a number):

|            |   |              |   |       |   |          |
|------------|---|--------------|---|-------|---|----------|
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Three month re-rating (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 re-rating (date \_\_\_/\_\_\_/\_\_\_)  
(circle a number):

|            |   |              |   |       |   |          |
|------------|---|--------------|---|-------|---|----------|
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| Not at all |   | Occasionally |   | Often |   | Any time |

Two month re-rating (date \_\_\_/\_\_\_/\_\_\_)  
(circle a number):

|            |   |              |   |       |   |          |
|------------|---|--------------|---|-------|---|----------|
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Three month re-rating (date \_\_\_/\_\_\_/\_\_\_)  
(circle a number):

|            |   |              |   |       |   |          |
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