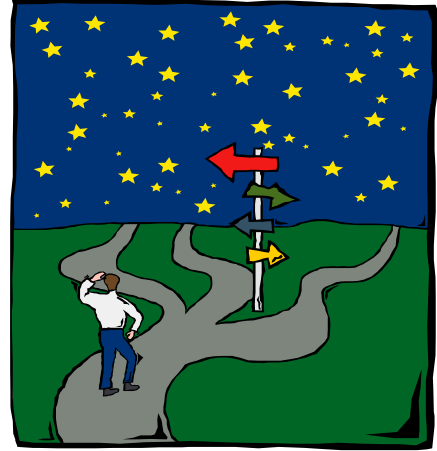


MY GOALS

In the next three months I would like to:



1. _____

How important is *this* goal to you? (listed from 1 = least to 10 = most, please circle one)

1 2 3 4 5 6 7 8 9 10

How *confident* are you that you will achieve this goal?

1 2 3 4 5 6 7 8 9 10

How close are you to *meeting* this goal?

1 2 3 4 5 6 7 8 9 10

2. _____

How important is *this* goal to you?

1 2 3 4 5 6 7 8 9 10

How *confident* are you that you will achieve this goal?

1 2 3 4 5 6 7 8 9 10

How close are you to *meeting* this goal?

1 2 3 4 5 6 7 8 9 10

3. _____

How important is *this* goal to you?

1 2 3 4 5 6 7 8 9 10

How *confident* are you that you will achieve this goal?

1 2 3 4 5 6 7 8 9 10

How close are you to *meeting* this goal?

1 2 3 4 5 6 7 8 9 10

References: Miller, William R. & Rollnick, Stephen, 2002. *Motivational Interviewing, Preparing People for Change: Second Edition*. New York, NY: The Guilford Press, p. 137; Sciacca, Kathleen (2002). MISA 2002 12th Conference on Co-Occurring Mental and Substance Use Disorders, *Motivation for Dual Recovery*. April 15, 2002, Lancaster, PA Rhonda McKillip LLC, M.Ed., LMHC, MAC, CCDCIII, CDP Training Material; Permission to Reprint Gra