Keeping up with my goal

- **Complete the "Keeping up with my goal" handout if there were barriers to accomplishing the goal**
- **Use the two rulers to check that the goal is doable**
  - ↳ If scores are less than 7, adjust the goal

Is reaching this goal important to you?

0 — 10

Not at all important — Very important

Do you think you can reach this goal?

0 — 10

No, I cannot — Yes, I can