**My Goals**

***Combat Stress****. Session l*

![C:\Users\Jonathan & Mary\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9H9IDA07\MC900295069[1].wmf]()**Goal 1:**

……………………………………………………………………………………………………………

How would I rate my current progress towards this goal? (0 = no progress towards goal and 10 = fully met goal)

0 1 2 3 4 5 6 7 8 9 10

![C:\Users\Jonathan & Mary\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9H9IDA07\MC900295069[1].wmf]()

**Goal 2:**

………………………………………………………………………………………………………….

How would I rate my current progress towards this goal?

0 1 2 3 4 5 6 7 8 9 10

![C:\Users\Jonathan & Mary\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9H9IDA07\MC900295069[1].wmf]()

**Goal 3:**

…………………………………………………………………………………………………………

How would I rate my current progress towards this goal?

0 1 2 3 4 5 6 7 8 9 10