

# Goal Attainment

1= much less than expected/ definitely not

2= less than expected/ probably not

3=as expected/ about the same

4= more than expected/ a little more likely

5=way more than expected/ definitely

\*Circle one number that shares your opinion / perspective for each question

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. How well have you been able to meet your objective?                        | 1 | 2 | 3 | 4 | 5 |
| 2. How difficult was it to complete your objective?                           | 1 | 2 | 3 | 4 | 5 |
| 3. How pleased are you with meeting your objective?                           | 1 | 2 | 3 | 4 | 5 |
| 4. Would you be open to attempting another objective?                         | 1 | 2 | 3 | 4 | 5 |
| 5. Do you feel that this has improved your confidence?                        | 1 | 2 | 3 | 4 | 5 |
| 6. How helpful has setting this objective been<br>in helping reach your goal? | 1 | 2 | 3 | 4 | 5 |