Next to each statement, circle how confident you feel about it.

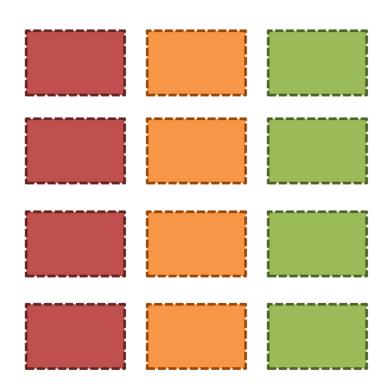
**Red** = not very confident, **Orange** = OK and **Green** = very confident.

I know what a SMART goal is

I can create an action plan to help me achieve my goal

I know what information I need to create my plan

I know how added costs could affect my plan



Name:

Next to each statement, circle how confident you feel about it.

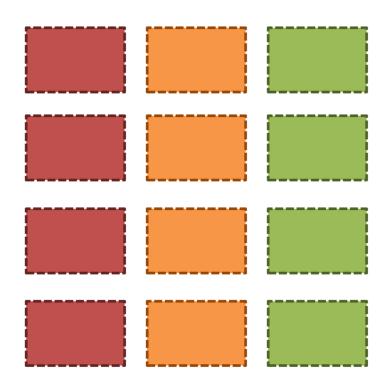
**Red** = not very confident, **Orange** = OK and **Green** = very confident.

I know what a SMART goal is

I can create an action plan to help me achieve my goal

I know what information I need to create my plan

I know how added costs could affect my plan



I know more than I did before the session.

True False