

Belief Assessment Sheet

Write down a one-sentence description of the goal or outcome to be achieved:

Goal/Outcome: _____

In the spaces provided rate your degree of belief in the outcome in relation to each statement of a scale of 1 to 5, 1 being the lowest and 5 being the highest degree of belief.

a. "The goal is desirable and worth it."

1	2	3	4	5
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b. "It is possible to achieve the goal."

1	2	3	4	5
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c. "What has to be done in order to achieve the goal is clear, appropriate and ecological."

d.

1	2	3	4	5
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d. "I have the capabilities necessary to achieve the goal."

1	2	3	4	5
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e. "I have the responsibility and deserve to achieve the goal."

1	2	3	4	5
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