

## Belief Assessment Sheet

### Instructions for completion

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."

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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