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**EXAMPLE Ideal Self Goals Rating Card**

Student’s Name: Aarav

Date: ­­­­­­­­­­­­

Clinician’s Name: Stacie

Individual session? **Y N**

##### Ratings should indicate the degree with which the student portrayed each Ideal Self Goal according to the scale below. After the last feedback, transfer average ratings to mastery form.

-3

Very Much

3

Very Much

2

Some

1

A Little

0

No evidence either way

-1

A Little

-2

Some

*Behavior portrayed the opposite of goal*

*Behavior portrayed the desired goal*

N.O. = No Opportunity



Be a team player, not get made if I lose, be nice to people if I win, don’t brag. If I win or lose, I am going to high five everyone and say good game.

Be a good listener for my friends and act kindly to them. I will help out my friends when they are trying to decide what move to make in our game.

Make my friends and classmates laugh. I am going to make two jokes during the game that are not about other people.

**Definition and at least one behavior I can do to meet this goal today?**

**Definition and at least one behavior I can do to meet this goal today?**

**Definition and at least one behavior I can do to meet this goal today?**

Frustrated

Happy

8

-1

1

7

2

-1

6

Happy

2

2

Be a good sport

Be funny

To be a good friend