



ACTION PLAN OUTCOME EVALUATION WORKSHEET

- 1 = not at all
 2 = a little
 3 = somewhat
 4 = much
 5 = very much

Using the above rating scale, circle the number that represents your feelings.

- | | | | | | |
|---|---|---|---|---|---|
| 1. How well does your solution plan meet your goals? | 1 | 2 | 3 | 4 | 5 |
| 2. How satisfied are you with the effects on you? | 1 | 2 | 3 | 4 | 5 |
| 3. How well do these results match your original prediction about personal consequences? | 1 | 2 | 3 | 4 | 5 |
| 4. How satisfied are you with the impact on others involved in the problem? | 1 | 2 | 3 | 4 | 5 |
| 5. How well do these results match your original prediction about the consequences concerning others? | 1 | 2 | 3 | 4 | 5 |
| 6. Overall, how satisfied are you with the results of your action plan? | 1 | 2 | 3 | 4 | 5 |