Ref:	Date:	No:	
Anxiety			
0			10
Confidence			
Conndence			
0			10
Motivation			
0			10

Q – Where are you at (number)? What does it look like? Where do you want to be (number)? What does that look like? What are the steps?

Ref:	Date:	No:		
Anxiety				
0			1	.0
Confidence				
0			1	.0
Motivation				
0			1	.0