



# PNG ASSESSMENT

## MY PERSONAL NEEDS & GOALS

- 1** What are my strengths?
- 2** Are there areas in my life I can improve? List the areas that need the most improvement.
- 3** Who or what is my motivation for change?
- 4** What steps do I need to take to ensure I know how to meet my needs and goals?
- 5** When I make progress toward accomplishing my goals, what is my reward?
- 6** When I run into problems and or backslide on my goals, what will I do to get back on track?