

Proactive Behaviour Checklist

Insert solution-based behaviours here (e.g., expressing feelings)	How much time during the past week were you able to implement your solutions?			
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)
	None (0)	Some (1)	A good deal (2)	Most (3)

Add scores to obtain total Total score =