

Kindness Method Scoring Grid

Name: _____ Date: _____

Instructions: Refer to the Provider Goals for a description of each skill. Rate each skill from 0–3 using the rubric below, and then total each column at the bottom of the grid.

0 - Not working on goal.

1 - Identified as a goal to begin working on.

2 - Establishing familiarity with the goal and understanding the skill requirements and expectations associated with the goal.

3 - In practice, with continuous development of implementing the goal in everyday interactions.

Displays Kindness		Gratitude		Hopeful Actions and Thoughts		Identifying and Using Strengths		Savoring Positive Experiences	
1		17		22		28		33	
2		18		23		29		34	
3		19		24		30		35	
4		20		25		31		36	
5		21		26		32			
6				27					
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
/48		/15		/18		/15		/12	
Total Kindness Method /108									

Notes: _____

Motas Guide Level

A Gutmann



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