

For each statement, fill the dot in the column that best describes you. Please answer questions as you actually are (rather than how you think you should be). Don't worry if some questions seem to score in the 'wrong direction'.

Questions	1 Not at all	2 Rarely	3 Some times	4 Often	5 Very often
1. I'm unsure of my ability to achieve the goals I set for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. When working on my goals, I put in maximum effort and work even harder if I've suffered a setback.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I worry about deadlines and getting things done, which causes stress and anxiety.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I regularly set goals and objectives to achieve my vision for my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. When an unexpected event threatens or jeopardizes my goal, I tend to walk away, set a different goal, and move in a new direction.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I think positively about setting goals and making sure my needs are met.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. When I come up with a really good idea, I am surprised by my creativity. I caution myself not to get used to the feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I use rewards (and consequences) to keep myself focused. For example, if I finish my work early, I allow myself to take a coffee break.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I tend to do the minimum amount of work necessary to keep other people satisfied.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I believe that if I work hard and apply my abilities and talents, I will be successful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I tend to worry about why I won't reach my goals, and I often focus on why something probably won't work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I create a vivid and powerful vision of my future success before embarking on a new goal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>