

Goal Habits

GOAL BUILDER-1; Goal Habits

Please respond to the statements below with the appropriate response to the right.

Name _____

Date _____

Strongly Agree Agree Not Sure Disagree Strongly Disagree

	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1. I use goals effectively in my life	SA	A	NS	D	SD
2. I don't use goals as effectively in my life as I would like to, but I believe it would be helpful if I did more	SA	A	NS	D	SD
3. I don't think goals are all that helpful or useful	SA	A	NS	D	SD
4. Looking back in my life, I associate goals with failure	SA	A	NS	D	SD
5. In some areas of my life I use goals effectively and in some areas I do not	SA	A	NS	D	SD
6. I feel like I could better understand how to use and develop goals	SA	A	NS	D	SD
7. My goals would be more helpful to me if I defined them more carefully or specifically	SA	A	NS	D	SD
8. My goals would be more helpful or useful to me if I wrote them down	SA	A	NS	D	SD
9. I mean well with my goals but I have a hard time sticking to them or completing them	SA	A	NS	D	SD
10. The goals I set for myself tend to be unrealistic	SA	A	NS	D	SD