



## Goal Setting Quiz

How well to do you work towards achieving your goals? Tick the box that applies

	Often	Sometimes	Rarely / Never
I know what resources I need to reach my goals			
I work toward goals that are compatible with one another.			
I am comfortable asking for help to reach my goals.			
I accept the responsibility for working toward my goals.			
I minimize interruptions that get in the way of reaching my goals.			
I am flexible to changes that affect my progress toward my goals.			
I know the benefits of reaching my goals.			
I am persistent about working towards my goals.			
I review my progress toward my goals on a regular basis.			
I achieve a balance of effort between the goals that are important to me.			
I only pursue those activities that are related to reaching my goals.			

### Assessing your responses

Count the number of times that you responded **Often** and multiply that number by 3

Count the number of times that you responded **Sometimes** and multiply that number by 2

Count the number of times that you responded "**Rarely/Never**" and multiply that number by 1

Add the resulting three numbers for a total score

Often \_\_\_\_\_ (number of responses) x 3 = \_\_\_\_\_

Sometimes \_\_\_\_\_ (number of responses) x 2 = \_\_\_\_\_

Rarely/Never \_\_\_\_\_ (number of responses) x 1 = \_\_\_\_\_

**Grand total** = \_\_\_\_\_

### Analysing your score

**33-39** You have a healthy understanding of what it takes to see your goals accomplished.

**26-32** You are well on your way to developing the personal discipline for reaching your goals.

**19-25** You need to work on sharpening your skills to reach you goals.