

Assessment:

Scale items:

Initiative

1. If something looks too complicated, I will not even bother to try it.
2. I avoid trying to learn new things when they look too difficult.
3. When trying something new, I soon give up if I am not initially successful.

Effort

4. When I make plans, I am certain I can make them work.
5. If I can't do a job the first time, I keep trying until I can.
6. When I have something unpleasant to do, I stick to it until I finish it.
7. When I decide to do something, I go right to work on it.
8. Failure just makes me try harder.

Persistence

9. When I set important goals for myself, I rarely achieve them.
10. I do not seem to be capable of dealing with most problems that come up in my life.
11. When unexpected problems occur, I don't handle them very well.
12. I feel insecure about my ability to do things.