

GOALS SCALE

I am going to read several phrases that may describe you. Tell me the extent to which each phrase is false or true using the responses on the card.

1. You can think of many ways to get out of a jam.
2. You energetically pursue your goals.
3. You feel tired most of the time.
4. There are lots of ways around any problem.
5. You easily lose arguments.
6. You can think of many ways to get the things in life that are most important to you.
7. You worry about your health.
8. Even when others get discouraged, you know you can find a way to solve the problem.
9. Your past experiences have prepared you well for your future.
10. You've been pretty successful in life.
11. You usually find yourself worrying about something.
12. You meet the goals that you set for yourself.

Response Categories:

Definitely false	1
Mostly false	2
Mostly true	3
Definitely true	4
Refuse to Answer	8