

GOING FOR IT! Goal Readiness Self-Assessment

The following is a self-scoring questionnaire with calculated results, findings and recommendations included.

Read and think about each question and answer each of the questions on a 1 to 10 scale

1 being lowest or least (most negative) ; and **10** being highest (or most positive).

All questions refer to your goal statement as you currently have it written now.

1. I am confident that I will be able to accomplish this goal successfully.

1 2 3 4 5 6 7 8 9 10

2. I feel strongly compelled to accomplish this goal.

1 2 3 4 5 6 7 8 9 10

3. I can handle the tasks and responsibilities necessary to accomplish this goal.

1 2 3 4 5 6 7 8 9 10

4. I can handle the additional stresses and pressures in my life that commitment to this goal
might create.

1 2 3 4 5 6 7 8 9 10

5. I am prepared to stretch beyond my previous limits to accomplish this goal.

1 2 3 4 5 6 7 8 9 10

6. I am willing to give up other pursuits, if necessary, to clear the way for the accomplishment of this goal.

1 2 3 4 5 6 7 8 9 10

7. I am willing to learn the new things that will be required of me to accomplish this goal.

1 2 3 4 5 6 7 8 9 10

8. I am comfortable with the changes in my life that might happen with the pursuit of this goal.

1 2 3 4 5 6 7 8 9 10

9. I am prepared to handle skepticism or the negative feedback or opinions others in regards to my pursuit of this goal.

1 2 3 4 5 6 7 8 9 10

10. I will act with regularity and consistency until I accomplish this goal.

1 2 3 4 5 6 7 8 9 10

Add up the Total of all answers (Score of 10 to 100) _____

Read findings on next page

Interpreting Your Overall Score

50 or Less

If you have honestly rated yourself in this low range the likelihood of you attaining this goal under your own steam is doubtful. Let's face it, you haven't scored high enough in most of these areas to have much going in your favor. Of course, it could never be said that you have no chance of attaining the goal you have identified, but in this case, you probably need to put an extra step in your 'Going For It' process called 'Getting Ready to Start'. This might involve soliciting help in one or several areas, learning and researching your approach better, gaining new knowledge or skills, and implementing a more powerful personal motivational strategy. There's nothing wrong with going slower or taking a longer-term outlook in your approach to help assure you of a higher likelihood of a successful outcome, but you might also consider revising your goal until your readiness self-assessment shows better results.

51 – 75

This is the most common scoring range for those who are doing new things in their life. With scores in this range, you've honestly identified areas of resistance that will need to be addressed and overcome to increase the likelihood of your success in achieving this goal. Being realistic is the first step in developing a strategy or change to adopt in lower scoring areas. Areas scoring a 5 or less should be given particular attention as elements to be specifically addressed in the 'Planning' part of this workbook, but in fact addressing your lowest scoring questions first will have the most positive effect on your overall 'readiness' score. You're in positive territory here, honestly identifying areas that will need change, support or more concerted effort on your part.

76 – 90

With scores in this range, you're looking pretty well here and as long as you keep your focus and there aren't too many unforeseen surprises - you look to be reasonably well prepared. Remember that there is no judgement here about how scoring high or low in one question or another reflects on you as a good or bad person, or being somehow inadequate or flawed in any way. It is simply your own self-assessment about your level of readiness before you take on the goal that you have identified. In this case, it appears that you are doing pretty well and are self-aware enough about a few things that can always be improved as you prepare to move forward.

91 – 100

Scoring this highly on your Readiness Self-Assessment is not a requirement before getting started with your goal, but these scores look to make things easier for you. Each category looks very strong from Personal Confidence and Realism to Openness to Change and Determination. These high scores will make it self-evident to anyone around you that you are ready to 'Going For It' and you can begin the pursuit of your goal from a very strong position with a high likelihood of success.

It is helpful to look at the strengths and weaknesses as reflected in your highest and lowest scoring questions on the Readiness Self-Assessment.