

Goal-setting questionnaire from Suki Wessling

Before you read any of my book, print and fill out this questionnaire. Try to answer as truthfully as possible. Don't worry if your answer is "I don't know"! You can download this PDF at www.SukiWessling.com/goal/. You'll revisit this questionnaire at the end of the book, so make sure to keep it around. However, this is very important: Don't look at your completed questionnaire again until I ask you to!



What is a goal?

Name a goal you met today

Name a goal you haven't met

How do you think your life would be better if you met more of your goals?

Who could help you meet your goals?

What is the difference between a dream and a goal?

What is success?

What is failure?

Rate yourself on this table on a scale of 1 to 5 for each quality. 1 means "I am not at all like this in any way" and 5 means "This describes me really well." Put "n.a." (not applicable) if a statement just doesn't apply to you.

| | |
|---|--|
| I like to have an idea of what's going to happen when I get up in the morning | |
| I love surprises | |
| I like to know how things work | |
| I enjoy keeping things mysterious | |
| I like to make things from scratch | |
| I like to make things, but only with directions and pre-made pieces | |
| I like to learn about something before I experience it | |
| I would rather learn details after an experience | |
| I just want experiences and really don't like thinking about them later | |
| I'm the person in a group who gets ideas and leads | |
| I'm the person in the group who tends to stay quiet and do what others want | |
| I think I have a lot of control over what happens in my life | |
| I feel like everyone else is in charge | |
| If there are too many steps to follow, I get discouraged from doing something | |
| I like planning things out from beginning to end | |
| I like asking questions and learning new things | |
| I feel confident about things I know I'm good at | |

Thanks for filling this out! If you are using a printout or photocopy, remember to stow it somewhere safe so you can access it when you get to Chapter 6.

Now: *onward* to learn about goals!
www.SukiWessling.com/goal/