

Goal-Setting Questionnaire

Before you read the book, take this questionnaire. Try to answer as truthfully as possible. Don't worry if your answer is "I don't know"! There are no right or wrong answers! None of the other students will be able to see your answers. PLEASE NOTE: I have SIGNIFICANTLY changed this questionnaire since I wrote the book. Do not use the one in the book, please!

* Required



Your name *

Your answer

What is a goal? *

Your answer

Name a goal you met today *

Your answer



Name a goal you haven't met *

Your answer

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

Your answer

Who could help you meet your goals? *

Your answer

What is the difference between a dream and a goal? *

Your answer

My Attributes:

In this section, think about what you are really LIKE, not how you want to be!

Do you consider yourself a planner? Offer some thoughts on this topic. *

Your answer



How do you like to figure things out? For example, you might say by exploring on your own, by reading manuals on your own, by working with a teacher, etc. *

Your answer

Do you feel self-motivated, at least some of the time? Describe what motivates you or doesn't motivate you. *

Your answer

Do you think that procrastination is something that you do? Does it cause any problems in your life? *

Your answer

Some people like to learn about things before doing them. Others prefer experimenting and trying things out before they start to study in any academic way. Describe yourself and your approach. *

Your answer

Do you think of yourself as a leader? When you join in a group activity, would you prefer to be one of the planners and the motivators, or do you prefer to be led? *

Your answer

My life:

Describe the way things are going for you.



In the area of academics, what is one thing that you think you do WELL, and one thing that you STRUGGLE with? *

Your answer

In your PERSONAL life (separate from academics unless that doesn't feel right to you) what is something you feel you are doing WELL at, and something you STRUGGLE with? *

Your answer

My goal-setting style:

In this section, think about the way you actually have done things in the past, NOT how you'd like to do them in the future!

Do you often set goals in your life? *

- Yes
- No
- Other:

Does setting goals make you feel more focused? If you don't set goals, just describe yourself and how focused you feel.

Your answer



How do you feel when you abandon goals or fail at a goal? *

Your answer

Please add any thoughts about what you'd like to learn about goal-setting. *

Your answer

You've done it!

Thank you!

Submit this questionnaire so your answers are recorded.

Submit

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