

Instructions

Read each question carefully and circle the number (1-10) that best represents the applicability of the question to you. This questionnaire contains 28 statements. You will rate them in regards of how characteristic each of the statements is of you. The scale will be from 1 to 10, from not at all characteristic of me to extremely characteristic of me.

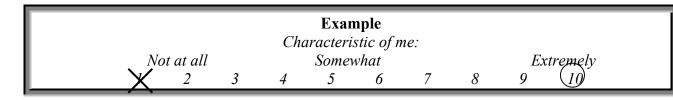
Definitions

Not at all characteristic = this statement does not apply to me at all.

Somewhat characteristic = this statement can be applied to me some of the time.

Extremely characteristic = this statement can be applied to me all of the time.

For instance if you wanted to circle a response in which the statement was extremely characteristic of you, but first you thought it was not at all characteristic of you, it would look like the below example.



For each question only circle one response. Respond to all of the statements and be positive that your responses are correct. If by accident you circle a response other than the one you wanted, draw an "X" through the incorrect response.

		Not a I	at all 2	3	Chai	racteristi Somewh 5		7	8	Exti 9	remely 10
2.	I have i	nternal	standa	rds and	goals	that I wa	int to acc	complis	sh.		
	•	Not a I	at all 2	3	Chai	racteristi Somewh 5	·		8	Exti 9	remely 10
3.	When w	vorking ult I w	g on a d	lifficult ease my	task I level	do not k of challe	eep high enges).	level c	challeng	es (e.g	. If I think a task
		Not a I	at all 2	3	Chai	racteristi Somewh 5			8	Extr 9	remely 10
4.	When I	work (on a tas	k I am a	ible to	focus on	ı it.				
		Not a I		3	Chai	racteristi Somewh 5	at	7	8	Exti 9	remely 10
5.	I believ	e that l	have c	hoices i	n life,	that I an	n not for	ced into	o choosi	ng one	e option.
		Not a I	at all 2	3	Chai	racteristi Somewh 5	at	7	8	Exti 9	remely 10
6.	In relati	on to 1	ny life	plan I k	now w	here I w	ant to go).			
		Not a 1	at all 2	3	Chai	racteristi Somewh 5	at	7	8	Extr 9	remely 10
7.	I am no	t able t	to ignor	e distra	ctions	when I v	vork on	a task.			
		Not a				racteristi Somewh	at		0		remely
		1	2	3	4	5	6	7	8	9	10

I tend to know what I want on a long-term basis in life.

1.

8.	I am able to commit to my goals.										
	Characteristic of me: Not at all Somewhat Extremely										
	1	2	3	4	5	6	7	8	9	10	
9.	I do <i>not</i> h	ave goals t	hat I wa	ınt to a	ccompli	sh nor a	ın interi	nal set o	of standa	ards.	
	Characteristic of me: Not at all Somewhat Extremely 1 2 3 4 5 6 7 8 9 10										
		Not at all	_		Somew	hat	_		Ext	remely	
	1	2	3	4	5	6	7	8	9	10	
10.	When I fo	ocus, or con	ncentrat	e, on a	ı task, I	do so be	ecause 1	I have t	to and no	ot because	I want
					ıracteris						
		Not at all	_		Somew 5	hat	_			remely	
	1	2	3	4	5	6	7	8	9	10	
11.	level of c	orking with hallenges so Not at all	imply b	ecause <i>Cha</i>		tic of m	e diffict	ult.).		not lower remely 10	the
12.	I am <i>unal</i>	ble to comn	nit the n	ecessa	ıry energ	gy neede	ed to ob	tain my	goals.		
				Cha	ıracteris	tic of m	e:				
	-	Not at all			Somew					remely	
	1	2	3	4	5	6	7	8	9	10	
13.	I know w	here I am ii	n relatio	on to m	ny life's	ideal de	stinatio	n.			
		N		Cha	racteris		e:		П.	7	
	1	Not at all 2	3	4	Somew 5	rhat 6	7	8	Ext 9	remely	
	I	2	3	4	J	U	/	O	У	10	
14.	I am able	to avoid di	stractio	ns whe	en I am v	working	on a ta	sk.			
				Cha	ıracteris		e:				
		Not at all	_		Somew			_	Ver	-	
	1	2	3	4	5	6	7	8	9	10	

15.	I am able to commit the necessary energy needed to obtain my goals.												
		Not	at all		Characteristic of me: Somewhat					Extremely			
		1	2	3	4	5	6	7	8	9 10			
16.	I do <i>not</i>	know	v what I	want o	n a loi	ng-term	basis.						
					Cha	aracteri	F						
	1	Not 2	at all 3	4	5		vhat 7	8	9	Extremely 10			
17.	I can ch	noose	to focus	s, or con	centra	ate, on a	task be	cause I	want to	, not because I have	to.		
					Characteristic of me:								
			at all			Somev			_	Extremely			
		1	2	3	4	5	6	7	8	9 10			
18.	When I need to, I set new goals for myself.												
					Cha	Characteristic of me:							
		Not 1	at all 2	3	4		vhat 6		8	Extremely 9 1			
19.	I am <i>un</i>	<i>able</i> t	o comn	nit to my	y goal	S.							
					Cha	aracteri	stic of m						
			at all				vhat			Extremely			
		1	2	3	4	5	6	7	8	9 10			
20.	I realize if my actions are having their intended effect.												
					Cha		stic of m	ne:					
		Not	at all	2	,	Somev		7	0	Extremely			
21.	1 2 3 4 5 6 7 8 9 10 When I work on a task I am <i>not</i> able to focus on the task.												
	Characteristic of me: Not at all Somewhat Extr								Extremely				
		1	2	3	4		vnai 6	7	8	9 10			

22.	I do <i>not</i> believe that I have a choice on issues in my life.												
		Not at all		Cho	aracteris Somev		ie:		Ex	tremely			
	1		3	4		6	7	8	9	10			
23.	When I n	need to set g	oals fo	or myse	elf I have	e a diffic	cult tim	e doing	so.				
		M 11		Characteristic of me: Somewhat Ex									
	1	Not at all 2	3	4		vnat 6	7	8	9 9	tremely 10			
24.	I do <i>not</i> l	know where	e I wan	t to go,	in relat	ion to m	ny life p	lan.					
		Not at all		Cho	Characteristic of me: Somewhat Extrem								
		2	3	4	5		7	8	9	10			
25.	I do <i>not</i> know where I am in relation to my ideal destination in life.												
		Not at all		Cho	aracteris Somev		ie:		Ex	tremely			
26.	1	2	<i>3</i> 1 my a	4 ctions l	5	6	7 ded affe	-	9	10			
	I do <i>not</i> realize when my actions have their intended affect. Characteristic of me:												
		Not at all		Cni	Somewhat					Extremely			
	1	2	3	4	5	6	7	8	9	10			
27.	I am able	e to become	"lost"	in an a	ctivity (e.g. tim	e can pa	ass unn	oticed).				
		Not at all	Characteristic of me: Somewhat 3 4 5 6 7						tremely				
	1	2	3	4	5	6	7	8	9				
28.	I am mot	ivated more	by m	y own v	wants an	d goals	than by	y admira	ation fro	om others.			
	Characteristic of me: Not at all Somewhat Extremely 1 2 3 4 5 6 7 8 9 10												
	1	2 2	3	4	5	vnai 6	7	8	9	10			