



## Goal Setting Sticking Points Questionnaire

This is a quick informal questionnaire to help you gain self-awareness on the challenges you tend to face when you pursue your goals. This awareness can help you find targeted solution strategies.

To complete, rate how much like you each statement sounds. Then total your score within each sections.

Identifying Your Goal	Not at all like me		Sounds a lot like me
My goals are somewhat vague and don't have a benchmark to let me know if I have achieved it.	1	2	3
I tend to set multiple goals at the same time, resulting in divided efforts and minimal progress on each one.	1	2	3
I don't really know what I want to do next in my life.	1	2	3
Total score for Identifying Your Goal:			<input type="text"/>

Motivation	Not at all like me		Sounds a lot like me
I often set goals because I think that's what I am supposed to do.	1	2	3
When I set a new goal I am really excited, but that excitement fades quickly.	1	2	3
I planned out my goal, but haven't really done anything since then.	1	2	3
Total score for Motivation:			<input type="text"/>

Obstacles	Not at all like me		Sounds a lot like me
I'm only good at sticking to my goal when everything goes according to plan.	1	2	3
When an unexpected obstacle hits, I feel overwhelmed and discouraged.	1	2	3
I often find myself surrounded by temptation to stray from my goal plan.	1	2	3
Total score for Obstacles:			<input type="text"/>

Action Plans and Manageable Chunks	Not at all like me		Sounds a lot like me
My goal plan is so detailed, it feels like I'm drowning in to-do lists.	1	2	3
My goals are so big, I don't usually know where to start.	1	2	3
I'm not sure what I need to be doing right now to make progress on my goal.	1	2	3
Total score for Action Plans and Manageable Chunks:			<input type="text"/>

Accountability	Not at all like me		Sounds a lot like me
I've been working on my goal, but don't know how much progress I have made.	1	2	3
If I don't have someone to work with or check in on me about my goal, I don't really work on it.	1	2	3
When I get hit with competing commitments, I lose traction on my goal.	1	2	3
Total score for Accountability:			<input type="text"/>

Scoring: Total your score within each section.

A section score of 3-4 indicates mastery over that facet of goal setting. A section score of 5-6 indicates challenges in this facet of goal setting, but it's not a problem area. A section score of 7-9 indicates this facet of goal setting is a major sticking point or challenge for you. With targeted effort, you can improve a lot here.