

Achieving Goals Survey

Name _____

Date _____

ABOUT ME...

- | | |
|---|--|
| <p>1. I am _____ years old.</p> <p>2. I have been in 4-H for _____ years.</p> <p>3. Check one:
 _____ I am girl.
 _____ I am boy.</p> | <p>4. Birthdate (MM/DD/YY) _____</p> <p>5. How do you describe yourself? (check one)</p> <p><input type="checkbox"/> African –American, not of Hispanic origin</p> <p><input type="checkbox"/> American Indian or Alaskan Native</p> <p><input type="checkbox"/> Asian/Pacific Islander</p> <p><input type="checkbox"/> Hispanic</p> <p><input type="checkbox"/> White, not of Hispanic origin</p> <p><input type="checkbox"/> Other- please specify _____</p> |
|---|--|

Instructions: Circle the number that best corresponds to how often you did what is described in the last 30 days. For example, if you circle 5 for a statement, that means you **always** do what is described in the statement.

	Never	Rarely	Sometimes	Often	Always
1. I set high goals so I have to work hard to achieve them.	1	2	3	4	5
2. I set simple goals so they are easy to reach.	1	2	3	4	5
3. When setting a goal, I look at the steps needed to achieve it.	1	2	3	4	5
4. I stretch myself by setting challenging goals.	1	2	3	4	5
5. When I set a goal, I consider how long it will take me to achieve it.	1	2	3	4	5
6. I set a time limit in which to achieve my goals.	1	2	3	4	5
7. I know where I want to end up, but never exactly describe it.	1	2	3	4	5
8. When I set a goal, I also spell out how and when I want to achieve it.	1	2	3	4	5
9. My goals are very detailed.	1	2	3	4	5
10. I put my goal in writing so I won't lose my focus.	1	2	3	4	5
11. I achieve goals that I set for myself.	1	2	3	4	5
12. I need things like money, good grades, recognition, etc. to make me want to achieve a goal.	1	2	3	4	5
13. I set deadlines to help me achieve my goals.	1	2	3	4	5
14. When other people set goals for me, I try to negotiate the details.	1	2	3	4	5
15. I break goals down into steps so I can check my progress.	1	2	3	4	5
16. If I don't achieve my goal on the first try, I give up on it.	1	2	3	4	5
17. Feedback, whether positive or negative helps me work towards my goals.	1	2	3	4	5
18. I rethink my goal based on the feedback I have received.	1	2	3	4	5
19. Negative feedback makes me give up on my goal.	1	2	3	4	5
20. I try to get as much feedback as I can when working toward my goal.	1	2	3	4	5