

Name: _____

Goal Achievement Inventory

Briefly state your goal: _____

Use the following scales to assess how you did with your goal. Be as objective and honest as you can about each of the key areas linked to goal success. At the bottom of the page describe specifically one activity that increased your success with your goal and one activity you want to improve on for next time.

Poorly selected goal
not important enough; low motivation, relevance, or resolve; not truly "chosen"

1 2 3 4 5 6 7 8 9 10

Well selected goal
important; motivating; relevant; clearly chosen

Poorly stated goal
vague; not measurable; unrealistic; irrelevant; no clear timeline

1 2 3 4 5 6 7 8 9 10

Well stated goal
specific; measurable; attainable; relevant; clear timeline

Lack of a plan
intention only, no action plan; unrealistic plan

1 2 3 4 5 6 7 8 9 10

Well constructed plan
clear and realistic objectives, steps, and benchmarks

Lack of flexibility
Conditions changed with no adjustment made to plan or goal

1 2 3 4 5 6 7 8 9 10

Flexible response
adjustments made as needed to incorporate unexpected events

Internal blocks predominated
Anxiety, discouragement, negative self-talk interfered with goal achievement

1 2 3 4 5 6 7 8 9 10

Positive attitudes prevailed
internal beliefs and attitudes supported intention and goal success

Lack of effort
other priorities took precedence; avoidance; habits prevailed over intention

1 2 3 4 5 6 7 8 9 10

Consistent action
regular goal-directed activity; change in habitual patterns demonstrated

Goal achievement: Unsuccessful

1 2 3 4 5 6 7 8 9 10

Very successful

Next time I want to continue: _____

Next time I will improve: _____
