## GOAL SETTING AND PURSUIT SKILLS

These questions ask about how you feel about your skills at setting and pursuing goals.

		Put an X in the box that fits best			
		Not all true	A little true	Mostly true	Totally true
a.	I set goals for myself.				
b.	I develop step-by-step plans to reach my goals.				
с.	If I set goals, I take action to reach them.				
d.	It is important to me that I reach my goals.				
e.	I'm good at figuring out how to reach my goals.				

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