

Writing the Vision & Walking in Your Purpose: Equipping Your Mind & Soul for 2016 and BEYOND!

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Vision/Goals Self Assessment

Be as **honest** with yourself as possible when answering the questions. Answer the below questions by using the scale associated with each question.

1) How often do you use each day to work toward accomplishing at least one of your goals?

Not Often		Moderate		Very Often
1	2	3	4	5

2) How often do you view and review your vision board?

Not Often		Moderate		Very Often
1	2	3	4	5

3) How often do you speak with your accountability partner about your goals and what you want to accomplish?

Not Often		Moderate		Very Often
1	2	3	4	5

4) How helpful is your accountability partner?

Not Helpful		Moderate		Very Helpful
1	2	3	4	5

5) How often do you verbally affirm your goals?

Not Often		Moderate		Very Often
1	2	3	4	5

6) How often do you feel you impede your own progress?

Not Often		Moderate		Very Often
1	2	3	4	5

7) How often do you reflect on and self-assess your journey?

Not Often		Moderate		Very Often
1	2	3	4	5

8) How often have you put others needs before your own?

Not Often		Moderate		Very Often
1	2	3	4	5

9) How often do you put your needs first?

Not Often		Moderate		Very Often
1	2	3	4	5

10) How often are you prioritizing your schedule?

Not Often		Moderate		Very Often
1	2	3	4	5

11) How often do you feel accomplished?

Not Often		Moderate		Very Often
1	2	3	4	5

12) Does your attitude/behavior mirror your goals?

Not Often		Moderate		Very Often
1	2	3	4	5

13) How much **action** did you take from last class to this class in working toward accomplishing your goals?

Not Much		Moderate		Very Much
1	2	3	4	5

14) Are you still excited about your goals and accomplishing them?

Not Really		Moderate		Very Excited
1	2	3	4	5