

Self-Efficacy Scale for Lesson 11 – Setting Your Goals

Student: _____ Date: _____

Please rate how certain you are that you can do the things described below by circling the appropriate number. Rate your degree of confidence by recording a number from 0 to 10 using the scale below.

0 1 2 3 4 5 6 7 8 9 10
0 = I cannot do at all 5 = I usually can 10 = I always can

1. My goals (the things I want to accomplish or achieve) are directly related to my priorities (the beliefs, values, and other things that are most important to me).
0 1 2 3 4 5 6 7 8 9 10
2. I am able to describe my current long-term goals clearly – these goals I want to accomplish in the next year or longer.
0 1 2 3 4 5 6 7 8 9 10
3. I can clearly describe short-term goals that will help me reach each of my long-term goals – these goals are clear steps to complete in the next weeks or months.
0 1 2 3 4 5 6 7 8 9 10
4. I am able to break a single short-term goal into a prioritized list of action items or objectives I can start working on today.
0 1 2 3 4 5 6 7 8 9 10
5. I can consistently manage the short-term goals and objectives needed to reach my long-term goals; I feel I can make consistent progress toward my long-term goals.
0 1 2 3 4 5 6 7 8 9 10
6. I am able to make clear goal statements; I can say or write my goals in a way that helps me know what I need to do to reach them.
0 1 2 3 4 5 6 7 8 9 10
7. My goals are well-balanced, meaning I can set, manage, and work toward goals that reflect *all* of my personal priorities.
0 1 2 3 4 5 6 7 8 9 10
8. When I think about or review my goals, I get excited and motivated to do what I need to do to reach them.
0 1 2 3 4 5 6 7 8 9 10