**Initial Reflection on Reflective Goal-Setting Behaviour**



Below are some reflection questions about your **previous** goal setting behaviour **BEFORE** the module started. There will be another one given to you at time 2 that will enable you to reflect on your progress.

**Reflective Goal Setting behaviour**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | *To what extent do you agree or disagree with the following statements:* | *Strongly disagree* | *Disagree* | *Neutral* | *Agree* | *Strongly agree* |
| **Enhancing self-awareness** | | | | | | |
| Q1 | When setting goals, I first identify relevant self-awareness activities. | 1 | 2 | 3 | 4 | 5 |
| Q2 | When setting goals, I begin by identifying my values. | 1 | 2 | 3 | 4 | 5 |
| Q3 | When setting goals, I first gather feedback from trusted sources and evaluate the feedback. | 1 | 2 | 3 | 4 | 5 |
| **Selecting suitable goals** | | | | | | |
| Q4 | When setting goals, I try to consider the impact they will have on others (i.e. friends, family, team). | 1 | 2 | 3 | 4 | 5 |
| Q5 | When setting goals, I ask for feedback on my goal choice wherever possible (i.e. from friends, family, mentors). | 1 | 2 | 3 | 4 | 5 |
| Q6 | When setting goals, I choose a goal that is relevant to me. | 1 | 2 | 3 | 4 | 5 |
| **Visualising successful goal behaviours** | | | | | | |
| Q7 | When setting goals, I identify the effective behaviours I want to achieve. | 1 | 2 | 3 | 4 | 5 |
| Q8 | When setting goals, I visualise myself behaving more effectively in my goal-related scenario. | 1 | 2 | 3 | 4 | 5 |
| Q9 | When setting goals, I first identify best practice and/or role models to guide me. | 1 | 2 | 3 | 4 | 5 |
| **Formulating a goal statement** | | | | | | |
| Q10 | When setting goals, I write them down with a goal plan in detail. | 1 | 2 | 3 | 4 | 5 |
| Q11 | When setting goals, I identify appropriate measurement criteria to monitor my progress. | 1 | 2 | 3 | 4 | 5 |
| Q12 | When setting goals, I identify relevant techniques and approaches to apply. | 1 | 2 | 3 | 4 | 5 |
| **Putting my goal into practice** | | | | | | |
| Q13 | Before putting my goal into practice, I ‘practice grounds’ to test out my goal. | 1 | 2 | 3 | 4 | 5 |
| Q14 | When putting my goal into practice I consolidate any learning into my self-awareness. | 1 | 2 | 3 | 4 | 5 |
| Q15 | When putting my goal into practice I feel equipped to deal with goal-setbacks that may occur. | 1 | 2 | 3 | 4 | 5 |
| **Generic goal-setting questions** | | | | | | |
| Q16 | I enjoy setting goals for myself. | 1 | 2 | 3 | 4 | 5 |
| Q17 | I have kept diaries in the past. | 1 | 2 | 3 | 4 | 5 |
| Q18 | I am usually confident that I will achieve my goals. | 1 | 2 | 3 | 4 | 5 |

Notes: Your analysis and interpretation of this test in terms of your self-awareness.

(Link to and consider any observations of your goal setting in your job placement, past experiences at school/college/new year’s resolutions etc.)