

Hope-Based Competencies Self-Assessment

For each question below, rate how true the statement is for you using the scale below. Answers can range from 1 to 4. For example, a statement that is “Definitely False” for you would be marked as “1” in the space left of the question.

Definitely False	Somewhat False	Somewhat True	Definitely True
1	2	3	4

Please answer each of the following items, skipping none. It is important to be as honest as possible; otherwise the end result will be inaccurate.

Questionnaire

- 3 1. Even when I feel stuck, I believe I can solve the problem.
- 2 2. I think about things that make me happy.
- 3 3. I know what motivates me in my career
- 1 4. I often imagine possible future events in my life.
- 1 5. I have long-term goals for my future
- 1 6. I monitor my plans and actions so my goals will be met.
- 3 7. I believe my future is bright.
- 3 8. Before making decisions I reflect on what is most important to me.
- 3 9. I know what I enjoy, what I am good at, and what is important to me.
- 2 10. I often imagine various opportunities that might be open to me in five years.
- 1 11. I have several things I want to accomplish soon to achieve my long-term goals.
- 1 12. I evaluate the effectiveness of my plans regularly.
- 4 13. I believe I can make a difference.
- 4 14. I often think about how my circumstances influence me.
- 2 15. I know which life roles are important to me.
- 1 16. I have a clear vision of my future.
- 1 17. I have specific plans to achieve my goals. 4 18. I adjust my plans when I need to.

Once all questions have received a rating, transfer the 1 to 4 number for each answer into the box marked with the corresponding question number.

	Hope		Self-Reflection		Self-Clarity		Visioning		Goal Setting and Planning		Implementating and Adapting	
	Ques.	Answ.	Ques.	Answ.	Ques.	Answ.	Ques.	Answ.	Ques.	Answ.	Ques.	Answ.
	1)	3	2)	2	3)	3	4)	1	5)	1	6)	1
	7)	3	8)	3	9)	3	10)	2	11)	1	12)	1
	13)	4	14)	4	15)	2	16)	1	17)	1	18)	4
Total		10		9		8		4		3		6
Mean	÷ by 3	3.33	÷ by 3	3	÷ by 3	2.67	÷ by 3	1.33	÷ by 3	1	÷ by 3	2

Scoring Instructions

- Add up your ratings in each column and put the total in the row marked “Total”
- Your score for each column should range from 4 to 12; otherwise you may have made a mistake.
- Divide each total by 3 and put the answer into the blank space in the “Mean” row. Mean scores should range between 1 and 4, and represent your overall strength in a given competency.

Understanding Your Results

Compare each of your mean competency scores with the following ranges and descriptions:

Each Column	What does it mean?
Above 3.3	Congratulations! This is a well-developed Hope Score
2.8 to 3.3	These are areas that are at-risk. You will need to make a conscious effort in improving these competencies. Please refer to the following descriptions.
Below 2.8	Stay positive! There's a lot of work ahead; start by reading the following descriptions carefully to find out how you can develop these competencies and raise your score.

Directions for Improvement

The following are some ideas to increase your hope-based competencies. Practice and reflect on these points each day and see how they apply to your circumstance. Focus on competencies which you scored less than 3.3 on.

1) Hope

- Engage daily in positive self-talk. Examples: "I will make my future bright." "I am the one in control of my life." "I deserve to be loved."
- Identify the positive aspects of your current circumstances in life.
- Identify one famous person whom you admire. Research them and their lives, and find out how they overcame their challenges. How was this person able to maintain hope and succeed?

2) Self-reflection

- Identify your happiest moments and describe in writing what you were doing in those moments.
- Reflect on those things in life about which you are passionate.
- Identify activities and experiences that give you the most joy.
- Consider your family, friends, coworkers, fellow students, and so on, and think about how you tend to interact with them. What do you like about how you interact with them? What would you like to change about your interactions?

3) Self-clarity

- List three activities you really enjoy participating in.
- List three skills you enjoy using the most.
- List three things that are most important to you.
- Write a sentence, paragraph, or page describing yourself, integrating important points about your values, skills, interests, life roles, motivations, and personality.

4) Visioning

- Consider which life roles are most important to you and what you would like to accomplish in each of those roles within the next five years.
- If you won the lottery tomorrow, what would you want to be doing five years from now?
- If you won the lottery tomorrow, and could do anything other than what you identified above, what would you want to be doing five years from now?
- Revisit your desired future scenarios regularly (at least once per week).

5) Goal Setting and Planning

- Brainstorm and make a list of steps you can take to reach the goals you've defined • Develop weekly plans that reflect your long-term goals.
- Identify one thing you how to accomplish today and incorporate it into a to-do list for the day.

6) Implementing and Adapting

- Identify one section step you can take to implement your plan to achieve one of your goals.
- Commit yourself promptly to your plans once you think they have been clearly articulated.
- Monitor your progress toward your goals and your plan on a weekly and/or daily basis.
- When necessary, adjust your plans or actions when you encounter substantial barriers or better opportunities.

Hope-Based Competencies Self-Assessment Improvement Strategies

According to the results I've got from the Hope-Based Competencies Self-Assessment, the lowest scores I've gotten were in the goals setting and planning, as well as in the visioning categories. The assessment suggests that to help improve my visioning I could try to revisit my desired future scenarios regularly. I feel like this could be something beneficial for me since I tend to not really think about the future as much since I've never thought I'd have any kind of future to begin with. Perhaps by starting to think more about the future goals that I want to have, I will be able to slowly break this concept that I have in my head that I have no future. Which will enable me to unlock more dreams and improve my visioning. When it comes to goal settings and planning, they suggest identifying one thing I know how to accomplish today and incorporate it into a to-do list for the day. This is a strategy that I would like to implement as well since I currently live in a very unstructured way and setting a little routine by first establishing a to-do list for things to accomplish within the day could help me in the long run.