

Personal Aspirations and Concerns Inventory

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Instructions

Undoubtedly, you have aspirations and concerns about different areas of your life. You might have concerns about unpleasant things that you want to *get rid of, prevent, or avoid*. Or you might have aspirations about pleasant things that you want to *get, obtain, or accomplish* (including things you want to *keep, restore, or do* for the pleasure of doing them). You may also have in mind things that you would like to do in order to resolve these concerns or realize your aspirations. In other words, there are things that you want to make happen. Let's call these things GOALS.

The following are examples of Life Areas in which people might have important concerns and aspirations, that is, things that they want to make happen (goals):

- | | |
|-------------------------------------|------------------------------|
| - Home and Household Matters | - Finances and Employment |
| - Relationships | - Drinking, Smoking, etc. |
| - Leisure and Recreation | - Health and Medical Matters |
| - Love, Intimacy and Sexual Matters | - Education |
| - Self-Changes | |

Before going to the ANSWER SHEETS, think carefully about each of these areas. **What are the things that concern you most in each area? What would you like to do about this concern?** That is, how would you like things to turn out? Your answers to these questions will be your GOALS for each Life Area. Because you might have more than one goal in a particular area, the Answer Sheet allows you to name up to three goals in each Life Area

Continue to the next page.

Answer Sheet 1

Name your important goals, if you have any, after each life area listed below. If you want to keep your goals private, revealing the full content of them will not be necessary. In that case, you may simply write a few words as “hints” to yourself about what the goal is. You will need these hints later, in order to complete another part of the exercise. Next, under the **Rank** column, we recommend that you rank your goals in order of importance. Ranking your goals is optional; if you choose to do so, give a “1” to your most important goal, a “2” to your second most important one, and so on.

Life areas	Name your important goals (if any) in each area	Rank
Home and Household Matters	(a)	
	(b)	
	(c)	
Finances	(a)	
	(b)	
	(c)	
Career and Employment	(a)	
	(b)	
	(c)	
Relationships (Partner, Family, Friends)	(a)	
	(b)	
	(c)	
Leisure and Recreation	(a)	
	(b)	
	(c)	
Love, Intimacy and Sexual Matters	(a)	
	(b)	
	(c)	
Health and Medical Matters	(a)	
	(b)	
	(c)	
Self-Changes	(a)	
	(b)	
	(c)	
Education and Training	(a)	
	(b)	
	(c)	
Religion and Spiritual Matters	(a)	
	(b)	
	(c)	

Continue to the next page.

Answer Sheet 2

Please evaluate your goals that you listed on the previous page by answering the questions on the following pages. *First*, at the beginning of each page, you are asked to name your goal. The first page, for example, is for the goal that you ranked “1” on the previous page. The second page is for your second most important goal, and so on.

For each question, you should fill in one of the bubbles (from **0 to 10**) that best describes how you view your goal. “0” is for the least amount; “10” is for the greatest amount. Be sure to answer all the questions and fill in only one bubble for each question.

Continue to the next page.

First Goal: Write your most important goal or the thing that you want to have happen here:

.....

.....

Keeping this goal in mind, answer each question below by filling in the bubble from **1 to 10** that best describes your view of your goal. “0” is for the least amount; “10” is for the greatest amount. Be sure to answer all questions and fill in only one bubble for each question.

1. How much is this something that I want to get or obtain , as opposed to get rid of or avoid?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
2. How much is this something that I want to get rid of or avoid , as opposed to get or obtain?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
3. How committed am I to attaining it?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
4. How much joy will I feel if I attain it?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
5. To what extent do I have mixed feelings about this? Will I have some regrets about this, even if things turn out the way I want?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
6. How sad will I feel if I cannot attain this?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
7. How much control do I have over attaining this?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
8. Do I know what steps to take to attain it?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
9. How likely am I to attain it, if I do my best ?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
10. How likely am I to attain it, if I do nothing ?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
11. How much will I do this only as a means to attain something else?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
12. How much will I do this because I enjoy it?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
13. How much will I do this because I want to , not because <i>other people</i> want me to?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
14. How long will it take to attain this goal (e.g., “0” = today; “10” = decades away)?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩

Second Goal: Write your second most important goal or the thing that you want to have happen here:

.....

.....

Keeping this goal in mind, answer each question below by filling in the bubble from **1 to 10** that best describes your view of your goal. “0” is for the least amount; “10” is for the greatest amount that you can imagine. Be sure to answer all questions and fill in only one bubble for each question.

1. How much is this something that I want to get or obtain , as opposed to get rid of or avoid?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
2. How much is this something that I want to get rid of or avoid , as opposed to get or obtain?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
3. How committed am I to attaining it?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
4. How much joy will I feel if I attain it?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
5. To what extent do I have mixed feelings about this? Will I have some regrets about this, even if things turn out the way I want?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
6. How sad will I feel if I cannot attain this?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
7. How much control do I have over attaining this?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
8. Do I know what steps to take to attain it?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
9. How likely am I to attain it, if I do my best ?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
10. How likely am I to attain it, if I do nothing ?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
11. How much will I do this only as a means to attain something else?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
12. How much will I do this because I enjoy it?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
13. How much will I do this because I want to , not because <i>other people</i> want me to?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
14. How long will it take to attain this goal (e.g., “0” = today; “10” = decades away)?	①	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩

Note. The Answer Sheet continues in this format, allowing the respondent to provide ratings for each of the goals that he or she named.