Test name: THP Setting Goals

This test is worth: 20 points

Select multiple choice answers with a cross or tick:

○ Only select one answer

☐ Select multiple answers

Question 1 of 20

I can clearly define my goals for today, I know what to do do right now.

○ **A)** True

○ **B)** False

Question 2 of 20

I can clearly define my goals for this week.

○ **A)** True

○ **B)** False

Question 3 of 20

I have discussed and written down my goals with the program director.

○ **A)** True

○ **B)** False

Question 4 of 20

I know the consequences if I do not set personal goals right now.

○ **A)** True

○ **B)** False

Question 5 of 20

I have NOT been diligent to set and achieve personal goals in the past.

○ **A)** True

○ **B)** False

Question 6 of 20

I am afraid to set goals because I probably wont meet them. I will be disappointed with the outcome anyway.

   A) True

   B) False

Question 7 of 20

I usually set too high of goals for myself, they are unrealistic.

   A) True

   B) False

Question 8 of 20

I need to change my priorities if I want to meet the goals I set right now.

   A) True

   B) False

Question 9 of 20

I have to say NO to people and schedules that interfere with my goals. If they don't respect my goals, I can not change to gain their approval.

   A) True

   B) False

Question 10 of 20

When I fail at meeting my goals, I should just give up.

   A) True

   B) False

Question 11 of 20

When I fail at my goals, I should be honest and accountable to a leader / mentor and make the adjustments necessary.

   A) True

   B) False

Question 12 of 20

Keeping rules and being disciplined about my schedule will help me set and attain my personal goals.

A) True

B) False

Question 13 of 20

I often break rules or change my schedule because I am undisciplined. This keeps me from meeting my goals.

A) True

B) False

Question 14 of 20

God has rules for living called commandments. They give us healthy boundaries and help us succeed in life.

A) True

B) False

Question 15 of 20

I must OWN the rules and goals I set for my life. I must be honest and accountable with them. Only then can I succeed in achieving my goals.

A) True

B) False

Question 16 of 20

I have written down my goals for today.

A) True

B) False

Question 17 of 20

I have written down the goals I have for this week.

A) True

B) False

Question 18 of 20

I have written down the goals I have for this month.

○ **A)** True

○ **B)** False

Question 19 of 20

I have written down the goals for my stay in the Transitional Housing Program.

○ **A)** True

○ **B)** False

Question 20 of 20

If I fail today, I can still succeed for this week. I must stay focused on the big picture.

○ **A)** True

○ **B)** False