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GOAL SETTER OR PROBLEM SOLVER?

Individuals that are energized by establishing and achieving bold, new directives are goal setters. But if the plans for the future drain you of motivation and you're more of a here and now person then you are a problem solver.



- A. For each line, **CHECK THE BOX** in the column containing the statement you **MOST IDENTIFY WITH**.
- B. **TALLY** your checks in the corresponding space below the columns. You should have **11 checks, total**.
- C. The column with the **MOST CHECKS** suggests your general Goal Setting/Problem Solving proclivity.

GOAL SETTER'S STRENGTHS

PROBLEM SOLVER'S STRENGTHS

<input type="checkbox"/>	I set goals and it is satisfying when I reach a goal and "cross it off my list"	<i>Or</i>	<input type="checkbox"/>	I love solving problems
<input type="checkbox"/>	People think of me as positive and optimistic	<i>Or</i>	<input type="checkbox"/>	I see myself as a problem solver, although some people think of me as negative because I always see both sides of a situation
<input type="checkbox"/>	I am a risk taker, most of the time	<i>Or</i>	<input type="checkbox"/>	I'll sometimes take risks, but only after research and problems have been identified
<input type="checkbox"/>	I sometimes have trouble dealing with problems/challenges and being patient with negative questions	<i>Or</i>	<input type="checkbox"/>	I find problem solving energizing
<input type="checkbox"/>	I get bored rather easily and constantly need goals/objectives to keep me challenged	<i>Or</i>	<input type="checkbox"/>	I protect "the gold we already have"
<input type="checkbox"/>	I tend to prefer heading toward my next goal and keeping track	<i>Or</i>	<input type="checkbox"/>	I find it difficult to see or keep the big picture in view
<input type="checkbox"/>	I need to have goals and be given resources and freedom to reach them	<i>Or</i>	<input type="checkbox"/>	I am uncomfortable always having "new goals"
<input type="checkbox"/>	I need to keep my goals visible	<i>Or</i>	<input type="checkbox"/>	New situations in general frustrate me
<input type="checkbox"/>	I celebrate reaching my goals	<i>Or</i>	<input type="checkbox"/>	I prefer being tasked to identify problems and solve them
<input type="checkbox"/>	I "go for the gold"	<i>Or</i>	<input type="checkbox"/>	I celebrate solving a difficult challenge
<input type="checkbox"/>	It frustrates me to be around people that always seem "negative"	<i>Or</i>	<input type="checkbox"/>	It frustrates me to set new goals when we didn't achieve previous ones

SCORE: _____ **GOAL SETTER** _____ **PROBLEM SOLVER**

BOTTOM LINE: "I SEE MYSELF AS A _____"



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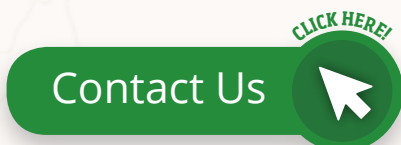
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