

PPS

Please use the scale below to indicate how true each statement is of you.

1-----	2-----	3-----	4-----	5-----	6-----	7-----
Very Untrue	Moderately Untrue	Slightly Untrue	Neutral	Slightly True	Moderately True	Very True

1. I consider what my future will be like once I reach my goals.
2. I consider alternative paths toward a goal and choose the best one.
3. I get stuck when I encounter unexpected delays or difficulties on the way to a goal.
4. My goals exceed the reality of what I can do.
5. I make plans that specify different courses of action depending on how things progress.
6. I am unsure what to do when things don't go as planned.
7. I contemplate my ideal outcomes for the future.
8. My goals are so optimistic that I rarely meet them.
9. When making a plan, I build in extra time for unanticipated problems or delays.
10. When I reach a "fork in the road" on the way to a goal, I get stuck deciding which path to choose.
11. I envision the outcomes I want most.
12. I consider obstacles I might encounter on the way to my goal and plan how I will deal with them.
13. My goals are often unrealistic given the time and resources I have available.
14. I am uneasy when circumstances require me to modify my plans.
15. I make a backup plan in case my original plan fails.
16. I identify the outcome I am hoping for among the possible future outcomes.
17. My goals are often impractical.
18. I imagine how I will feel after reaching my goal.

Scoring:

Reverse-score responses to items 3, 4, 6, 8, 10, 13, 14, 17. Then:

Step 1: Calculate mean score for each subscale:

Imagining Outcomes: Items 1, 7, 11, 16, 18
Setting Sensible Goals: Items 4, 8, 13, 17
Making a Plan: Items 2, 5, 9, 12, 15
Flexible Execution: Items 3, 6, 10, 14

Step 2: Calculate mean score for the total scale.