



Module 6: Accomplishment of professional and personal aims

TEST

People differ in the ease with which they take various actions or perform various activities.

What is a problem for some is not for others and vice versa.

Various behaviours or actions are listed below.

Please rate how well you would deal with each of them.

If there are activities that you have never done, give an answer anyway - imagine yourself in a situation that requires such an action and evaluate how well you would cope with it.

Try to answer objectively and honestly.

The answers range from "definitely yes" (1) to "definitely no" (4). For each sentence, circle the number that expresses the appropriate degree of agreement. Provide only one answer for each statement.

The individual numbers mean:

1- Definitely NO

2- NO

3- YES

4- Definitely YES



No.	Statement	1	2	3	4
1	I don't really know how to go about setting goals	1	2	3	4
2	Without a goal or plan, I fail	1	2	3	4
3	I plan my career and finances	1	2	3	4
4	I never plan relationships and free time	1	2	3	4
5	I assume it always works out somehow	1	2	3	4
6	I won't have time for hobbies until I retire	1	2	3	4
7	It is worth setting goals in different aspects of life	1	2	3	4
8	I consciously design my professional career	1	2	3	4
9	I set goals using the SMART method	1	2	3	4
10	I am very clear and specific about what I can do	1	2	3	4
11	With goals that are too ambitious, I assess resources whether I am able to achieve them	1	2	3	4
12	I define the goals I want to achieve in time	1	2	3	4
13	I visualise my career goals	1	2	3	4
14	I raise my qualifications to achieve my professional goals	1	2	3	4
15	I divide large goals spread over time into stages, i.e. specific goals	1	2	3	4
16	I always stick to what is in my life	1	2	3	4
17	I determine my strengths and weaknesses in choosing a profession or place of work	1	2	3	4
18	I know the areas that require professional development	1	2	3	4
19	I use the professional help of a career advisor in building my own potential	1	2	3	4
20	I have an individual personal development plan	1	2	3	4



Scale:

In points: 1.2.4.5.6.16: number 4 is the lowest and is equal to the result of 1 - the numbering is reversed:

4 i.e. 1

3 i.e. 2

2 i.e. 1

1 i.e. 4

For the rest of the statements, the score remains the same.

Results:

80-60 points - you set, implement and monitor your professional and personal goals very well. You can perfectly apply methods of setting goals in your professional and private life. You always divide tasks into stages and are aware of your resources and areas that need improvement to achieve further goals. The balance between private and professional life is important to you. When you feel the need, you gladly use the help of a career advisor and balance your near and distant goals.

59-40 points - you set, implement and monitor your professional and personal goals well. You can apply the methods of setting goals in your professional and private life. You divide tasks into stages, you are aware of your resources and areas that need improvement to achieve further goals. Usually, a balance between private and professional life is important to you. When you feel the need, you sometimes use the help of a career advisor and balance your near and distant goals.

39-20 points - you very rarely set, implement and monitor your professional and personal goals. You are not very able to apply methods of setting goals in your professional and private life. You do not break tasks into stages and are rarely aware of your resources and areas for improvement in order to achieve further goals. The balance between private and professional life is not important to you. You only use the help of a career advisor and balance your closer and further goals if you are in a no-win situation.