



SESSION #9: HIGH PERFORMANCE ACADEMY'S ACTION INDICATOR ASSESSMENT

Think of a big dream or goal you'd like to achieve. What if we could know in advance whether or not you'll be productive and work hard towards your dreams? We can. Below are several categories to consider when trying to access your will, competence, or likelihood of taking on or successfully completing any given challenge in life. With each category, give yourself a rating of 1-10 as described. After you complete all categories and scaling, find out your overall score and its implications by adding all of your ratings.

Categories

Your Rating

Yes, very much = 10; No, not at all = 1.

Future Identity

Is this goal or activity relevant to my future identity, to how I see myself and what I see myself doing over the long-term in the future?

1 2 3 4 5 6 7 8 9 10

Intrinsic Value

Is this goal or activity something I am passionate about, would enjoy doing, feel proud about, and sense contributes meaningfully? Would I do this regardless of money, status, recognition or power (extrinsic rewards)?

1 2 3 4 5 6 7 8 9 10

Utilitarian Value

Is this goal or activity something that will lead to a useful outcome for me? Will I get something useful in life out of doing this?

1 2 3 4 5 6 7 8 9 10

Opportunity Cost

In pursuing this goal or activity, can I avoid losing out on other things that I find important? Can I do this without costing too much time, energy, effort, resources, and willpower needed elsewhere?

1 2 3 4 5 6 7 8 9 10

Delay Time

Is this goal or activity going to have quick and recognizable results that I can enjoy soon?

1 2 3 4 5 6 7 8 9 10

Personal Control

Is this goal or activity something that you will be able to make happen by my own efforts?

1 2 3 4 5 6 7 8 9 10

Social Support

Is this goal or activity something people will support me on? Will others provide direction and cheerleading when I attempt this?

1 2 3 4 5 6 7 8 9 10

Bandwidth Belief

Is this goal or activity something I will have enough time and focus to do a good job at?

1 2 3 4 5 6 7 8 9 10

Resource Availability

Will I have the resources I'll need to successfully accomplish this goal?

1 2 3 4 5 6 7 8 9 10

Autonomy

Will I be given the trust and decision-making authority I need to feel as though I'm in control and able to make things happen?

1 2 3 4 5 6 7 8 9 10

TOTAL SCORE: _____

Add the numbers to get a total score.

Results: If in tallying all of your ratings you didn't end up with a score of at least 75, then it's likely you will not feel competent or excited about pursuing this new goal or activity. So, what if your score isn't at least 75? Should you give up and not proceed? Not necessarily. Spend some time looking at each area that didn't get at least a score of 8, and ask yourself, "What could I do in this area in advance of starting this new activity so that my score would be higher?" In other words, do the hard work of thinking about how to increase your ratings. That, or just reconsider whether or not this new goal or activity is really your thing, something worthwhile to pursue at all.