

STEP TWO

Circle Yes or No for the following statements.

- When you go to bed at night, do you ever think about the things you'd like to do the next day?

YES / NO

- When you wake up in the morning, do you ever think about all the things you'd like to do that day?

YES / NO

- Do you ever write lists of things you need to do or things you want to remember?

YES / NO

- Have you ever thought about something you wanted to do and then tried to work out how to make it happen?

YES / NO

- Do you find it easier to do something or learn something if you are clear what the end point will be?

YES / NO

- Do you find you work harder when you are doing something you are interested in or enjoy?

YES / NO

- Do you feel better when you know exactly what you are supposed to be doing?

YES / NO

- Do you feel less stressed when you know you are doing the things you should be doing?

YES / NO

- Have you ever set yourself a 'goal' to achieve either at school or in your personal life?

YES / NO

- Have you ever done something that you found hard or challenging but you persisted because you wanted to make it to the end?

YES / NO

_____ The number of times you circled YES

Circle either (a) or (b) for the following statements:

Do you prefer to:

- a) plan activities with your friends well in advance or
- b) would you rather just arrange things on the spur of the moment?

Do you prefer to:

- a) buy Christmas and birthday presents at least a few weeks before or
- b) do you tend to buy your presents at the last minute?

Do you prefer to:

- a) look ahead to the school holidays and think about how to spend the holidays or
- b) do you just wake up each morning and decide that day what you will do?

Do you prefer to:

- a) make decisions straight away as soon as you have to or
- b) put off your decisions to the last possible minute?

Do you prefer to:

- a) talk about what you and your friends will do when you meet up or
- b) just meet up and then see what happens?

Do you prefer to:

- a) think about the things that are coming up in the next few weeks or
- b) just focus on what is happening that day?

The number of 'a's you circled _____

The number of 'b's you circled _____