**YOUR PROFILE OF COMMITMENT**

This Questionnaire is Private to You Only . . .

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| --- |
| **Your Name or ID# Date:** |
| **The Commitment Factor Profile - Vision** |
|  | Strongly Agree **4** | Agree  **3** | Somewhat Agree  **2** | Disagree **1** | I have a clear vision of where I am heading with this commitment. |
| SECTION--- **A** |  |  |  |  | I can anticipate positive benefits of this commitment. |
|  |  |  |  | This commitment allows me to do something that is personally meaningful |
|  |  |  |  | I am committed for reasons important to me, not to satisfy others. |
|  |  |  |  | If I were to share my image or vision with another, we would have a similar picture. |
|  |  |  |  | **TOTALS Section Total:** |

|  |
| --- |
| **The Commitment Factor Profile - Insight** |
|  | Strongly Agree **4** | Agree  **3** | Somewhat Agree  **2** | Disagree **1** |  |
| **B** |  |  |  |  | What I have learned from my past experience enables me to carry out this commitment. |
|  |  |  |  | There are things that I do to prevent old behaviors from getting in the way of my success. |
|  |  |  |  | I know how to modify my habits to make this commitment last. |
|  |  |  |  | I have a plan for dealing with barriers that interfere with this commitment. |
|  |  |  |  | There are things that I do on a daily basis to keep this commitment alive. |
|  |  |  |  | **TOTALS Section Total:** |

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| **The Commitment Factor Profile - Acceptance** |
|  | Strongly Agree **4** | Agree  **3** | Somewhat Agree  **2** | Disagree **1** |  |
| **C** |  |  |  |  | I willingly give up pleasures of the moment to gain something better in the long term. |
|  |  |  |  | I am willing to face the fears, frustrations, and disappointments associated with this commitment. |
|  |  |  |  | The rewards of this commitment are worth the sacrifices I make to keep it going. |
|  |  |  |  | I recognize and value the small steps I take in achieving this commitment. |
|  |  |  |  | Being committed in this area makes my life more satisfying. |
|  |  |  |  | **< TOTALS Section Total:** |

|  |
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| **The Commitment Factor Profile - Integration** |
|  | Strongly Agree **4** | Agree  **3** | Somewhat Agree  **2** | Disagree **1** |  |
| **D** |  |  |  |  | People observing my behavior can see that I am committed. |
|  |  |  |  | I make positive statements to others about my success in this area. |
|  |  |  |  | I believe I have the ability to keep this commitment. |
|  |  |  |  | When it comes to this commitment, I do what I say I am going to do. |
|  |  |  |  | I know what to do to be successful in this commitment and I am consistent in doing it. |
|  |  |  |  | **< TOTALS Section Total:** |

PROFILE:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| A – Vision | B – Insight | C – Acceptance | D – Integration | TOTAL SCORE |
|  |  |  |  |  |

**UNDERSTANDING YOUR SCORES**

If your score in any commitment factor is:

0-8 You are low in this particular factor. It will be difficult to maintain your commitment if you do not improve in this area.

9-13 You are fairly low in this area, but you are doing some things right. Although you might feel committed at times, you need to improve this area to avoid setbacks.

14-17 You are fairly consistent in this area and will enjoy some success. There are, however, pitfalls of which you are unaware.

18-20 You are committed in this factor. This area is one of your strengths. Rely on it when the going gets tough.

If you Total Committee Score is:

0-24 You need to reconsider this commitment.

25-44 You will probably find it difficult to maintain your commitment. But this intervention can help you make the changes necessary for success.

45-64 You may have some difficulty maintaining your commitment, so pay special attention to where you scored the lowest.

65-80 You have an excellent chance of success!