



## GOAL IQ SURVEY

## What's your Goal IQ?

Please answer with a Yes or a No.

| 2. Goals don't matter/work. 3. I have goals in my head. 4. I have a written goal. 5. I have a written goal with a due date. 6. I have a written goal and a plan to get it! 7. I have written goals with plans that I have put into action. 8. I carry my goal with me every day and I take action on it frequently. 9. I carry and take action on my goal every day. 1. I celebrate the goals I achieve and express my gratitude for them.  Goal IQ:               | 1. | I don't know what a goal is.                                 |  |
|--|----|--|--|
| 3. I have goals in my head. 4. I have a written goal. 5. I have a written goal with a due date. 6. I have a written goal and a plan to get it! 7. I have written goals with plans that I have put into action. 8. I carry my goal with me every day and I take action on it frequently. 9. I carry and take action on my goal every day. 1. I read or say it aloud every day at least once. 11. I celebrate the goals I achieve and express my gratitude for them. | 0  | Coals don't matter/work                                      |  |
| 4. I have a written goal.  5. I have a written goal with a due date.  6. I have a written goal and a plan to get it!  7. I have written goals with plans that I have put into action.  8. I carry my goal with me every day and I take action on it frequently.  9. I carry and take action on my goal every day.  1. I read or say it aloud every day at least once.  1. I celebrate the goals I achieve and express my gratitude for them.                       | 2. | Goals don't matter/work.                                     |  |
| <ol> <li>I have a written goal with a due date.</li> <li>I have a written goal and a plan to get it!</li> <li>I have written goals with plans that I have put into action.</li> <li>I carry my goal with me every day and I take action on it frequently.</li> <li>I carry and take action on my goal every day.</li> <li>I read or say it aloud every day at least once.</li> <li>I celebrate the goals I achieve and express my gratitude for them.</li> </ol>   | 3. | I have goals in my head.                                     |  |
| <ul> <li>6. I have a written goal and a plan to get it!</li> <li>7. I have written goals with plans that I have put into action.</li> <li>8. I carry my goal with me every day and I take action on it frequently.</li> <li>9. I carry and take action on my goal every day.</li> <li>1. I read or say it aloud every day at least once.</li> <li>1. I celebrate the goals I achieve and express my gratitude for them.</li> </ul>                                 | 4. | I have a written goal.                                       |  |
| <ol> <li>I have written goals with plans that I have put into action.</li> <li>I carry my goal with me every day and I take action on it frequently.</li> <li>I carry and take action on my goal every day.</li> <li>I read or say it aloud every day at least once.</li> <li>I celebrate the goals I achieve and express my gratitude for them.</li> </ol>  | 5. | I have a written goal with a due date.                       |  |
| 8. I carry my goal with me every day and I take action on it frequently.  9. I carry and take action on my goal every day.  10. I read or say it aloud every day at least once.  11. I celebrate the goals I achieve and express my gratitude for them.  | 6. | I have a written goal and a plan to get it!                  |  |
| frequently.  J. Carry and take action on my goal every day.  J. read or say it aloud every day at least once.  J. celebrate the goals I achieve and express my gratitude for them.   | 7. | I have written goals with plans that I have put into action. |  |
| I read or say it aloud every day at least once.  I celebrate the goals I achieve and express my gratitude for them.  | 8. |  |  |
| I celebrate the goals I achieve and express my gratitude for them.   | 9. | I carry and take action on my goal every day.                |  |
| for them.  | 0. | I read or say it aloud every day at least once.              |  |
| Goal IQ:   |    |  |  |
|  |    | Goal IQ:   |  |

On questions 1 – 3, give yourself 1 point for any No answers, and subtract 1 point for any Yes answers.

On questions 4 -10, give yourself 1 point for any Yes answers and subtract 1 point for any No answers.

What's your Goal IQ?

The higher your Goal IQ, the better quality of life you will enjoy while adding value to those around you!

If your Goal IQ is 3 or less, and you want to be, do or have more in your life, then use questions 4-10 on the above survey as your benchmarks for increasing your Goal IQ and the success you achieve in life