

Worksheet 3.7 The Personal Growth Initiative Scale (Robitschek, 1998)

Using the scale below, circle the number which best describes the extent to which you agree or disagree with each statement.

1	2	3	4	5	6
Definitely disagree	Mostly disagree	Somewhat disagree	Somewhat agree	Mostly agree	Definitely agree

1. I know how to change specific things that I want to change in my life 1 2 3 4 5 6
2. I have a good sense of where I am headed in my life 1 2 3 4 5 6
3. If I want to change something in my life, I initiate the transition process 1 2 3 4 5 6
4. I can choose the role that I want to have in a group 1 2 3 4 5 6
5. I know what I need to do to get started toward reaching my goals 1 2 3 4 5 6
6. I have a specific action plan to help me reach my goals 1 2 3 4 5 6
7. I take charge of my life 1 2 3 4 5 6
8. I know what my unique contribution to the world might be 1 2 3 4 5 6
9. I have a plan for making my life more balanced 1 2 3 4 5 6

Scoring information

Personal Growth Initiative can be determined by summing the scores on all 9 items. Scores can range from 9 to 54, with higher scores indicating greater levels of intentional self-change.

Scale reproduced with permission of the author.