

Personal Growth Initiative Scale (PGIS)

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

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

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|---|---|---|---|---|---|---|
| 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 |