

Willpower Self-Assessment

Instructions: With 5 being “Almost Always” and 1 being “Almost Never,” assess your assumptions and feelings about your ability to take charge of your life. Rate each of the following statements honestly by circling the appropriate number. Completing this assessment will help you identify areas of concern you may have with willpower/self-regulation/self-control.

	Almost Always		Sometimes		Almost Never
1. I am a strong-willed person.	5	4	3	2	1
2. I can accomplish almost any task I undertake when I set my mind to it.	5	4	3	2	1
3. I am self-disciplined when it comes to attending class.	5	4	3	2	1
4. I am self-disciplined when it comes to reading and studying outside of class.	5	4	3	2	1
5. I am able to delay fun until after I finish with my schoolwork.	5	4	3	2	1
6. I am honest about and accept responsibility for my thoughts and actions.	5	4	3	2	1
7. I use positive self-talk to keep myself focused and motivated.	5	4	3	2	1
8. I am aware of negative thoughts that interfere with my success and actively try to change them.	5	4	3	2	1
9. With effort and hard work, I believe I can develop my abilities and intelligence.	5	4	3	2	1
10. There are times when I am so wrapped up in reading, writing, or working on a project that I lose track of time.	5	4	3	2	1

Add up the numbers you circled. Your total score will be between 10 and 50. The higher your score, the more likely you feel confident about your ability to manage your life. For scores below 30, reflect on items for which you have concern and consider talking with a trusted friend, family member, teacher, counselor, or advisor.
