

# **Goals Scale**

## **Medical College of Georgia**

### **“Putting Patient/Family Centered Care and Recovery into Practice”**

#### **The State Hope Scale**

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes *how you think about yourself right now* and put that number in the blank provided. *Please take a few moments to focus on yourself and what is going on in your life at this moment. Once you have this "here and now" set, go ahead and answer each item according to the following scale: 1 = Definitely False; 2 = Mostly False; 3 = Somewhat False; 4 = Slightly False; 5 = Slightly True; 6 = Somewhat True; 7 = Mostly True; and 8 = Definitely True.*

- 1. If I should find myself in a jam, I could think of many ways to get out of it.
- 2. At the present time, I am energetically pursuing my goals.
- 3. There are lots of ways around any problem that I am facing now.
- 4. Right now I see myself as being pretty successful.
- 5. I can think of many ways to reach my current goals.
- 6. At this time, I am meeting the goals that I have set for myself.

*Note.* When administering the measure, it is labeled the Goals Scale. The even-numbered items are agency, and the odd-numbered items are pathways. Subscale scores for agency or pathways are derived by adding the three even- and odd-numbered items, and the total State Hope Scale score is the sum of all six items.

**Snyder CR. Sympson SC. Ybasco FC. Borders TF. Babyak MA. Higgins RL. Development and validation of the State Hope Scale. [Journal Article. Research Support, Non-U.S. Gov't. Research Support, U.S. Gov't, P.H.S.] *Journal of Personality & Social Psychology*. 70(2):321-35, 1996**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Welcome to our clinic.**

**This form can help you take an active role in your care with us. Please take a few minutes to fill it out and give it to your doctor or therapist as a part of your visit today.**

Using the scale shown below, please select the number that best describes *how you think about yourself right now* and put that number in the blank provided. *Please take a few moments to focus on yourself and what is going on in your life at this moment. Once you have this "here and now" set, go ahead and answer each item according to the following scale:*

Definitely False	Mostly False	Somewhat False	Slightly False	Slightly True	Somewhat True	Mostly True	Definitely True
1	2	3	4	5	6	7	8

- \_\_\_\_\_ 1. If I should find myself in a jam, I could think of many ways to get out of it.
- \_\_\_\_\_ 2. At the present time, I am energetically pursuing my goals.
- \_\_\_\_\_ 3. There are lots of ways around any problem that I am facing now.
- \_\_\_\_\_ 4. Right now I see myself as being pretty successful.
- \_\_\_\_\_ 5. I can think of many ways to reach my current goals.
- \_\_\_\_\_ 6. At this time, I am meeting the goals that I have set for myself.