

1. I usually stay focused on whatever goal I am pursuing.	1	2	3	4	5
2. I have a mission or purpose in life.	1	2	3	4	5
3. Saving or investing for the future makes little sense when you can have fun with the money in the present.	5	4	3	2	1
4. If a person is highly talented he or she does not have to invest much time in practicing the skill related to that talent.	5	4	3	2	1
5. I am able to work on my job for an entire hour without checking to see if I have a phone message, a text message, or an e-mail message.	1	2	3	4	5
6. I have developed a new skill in the last twelve months without being forced to by my employer or an instructor.	1	2	3	4	5
7. I almost never bother retaining facts any longer because I can find whatever facts I need on the Internet.	5	4	3	2	1
8. My days rarely turn out the way I hope.	5	4	3	2	1
9. Given a choice between receiving a gift of \$1,000 today versus receiving a gift on \$3,000 three months from today, I would wait for the \$3,000.	1	2	3	4	5
10. I would be willing to devote fifteen minutes per day for two years to learn another language.	1	2	3	4	5
11. Working sixty hours per week for even a short period of time is something that I would never do.	5	4	3	2	1
12. I tend to daydream a lot even on the job or during quiet moments with family and friends.	5	4	3	2	1
13. I usually read the owner's manual before I spend much time operating a new vehicle or complicated piece of electronic equipment.	1	2	3	4	5
14. When I'm involved in an important work project, I can enjoy myself fully at a recreational event after hours.	1	2	3	4	5
15. I feel that I'm moving forward a little bit at every day toward achieving my goals.	1	2	3	4	5
16. I accomplish very little unless I am closely supervised.	5	4	3	2	1
17. Several people have described me as being conscientious.	1	2	3	4	5
18. My work area is neat, clean, and well organized.	1	2	3	4	5
19. I become bored easily.	5	4	3	2	1
20. I am willing to work hard and long at a task even if the payoff is uncertain.	1	2	3	4	5
21. It makes sense for a marathon runner to keep going even when it appears that he or she has almost no chance of being among the top group of finishers.	1	2	3	4	5

22. I frequently misplace or lose items such as my keys, wallet, smartphone, or glasses.	5	4	3	2	1
23. Planning is difficult because life is so unpredictable.	5	4	3	2	1
24. I am able to concentrate on an entire news story if the subject interests me.	1	2	3	4	5
25. I'm terrible at remembering names of people I meet only one or twice.	5	4	3	2	1