

Goal Assessment Scale

Before answering any of the questions below, please take a minute to think of a goal that you would like to accomplish. After you have chosen the goal, please write it in the following blank.

Goal: _____

Instructions: As you read each statement below, use the following rating scale to select the number that best describes YOU as you think about this goal. Then, put that number in the blank provided.

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

- _____ 1. I can think of many ways to achieve this goal.
- _____ 2. I energetically pursue this goal.
- _____ 3. If I had problems achieving this goal, I could think of lots of ways around these problems.
- _____ 4. Even when others get discouraged with similar goals, I know I can find a way to attain this goal.
- _____ 5. My past experiences have prepared me well for trying to attain this goal.
- _____ 6. I believe that I will meet this goal that I have set for myself.

GOAL-SPECIFIC HOPE SCALE (GSHS)
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Administration and Scoring

When administering the GSHS to research participants, please use the title “Goal Assessment Scale” rather than the actual title of the instrument.

Please notice that the first set of instructions asks respondents to write a goal that they would like to accomplish. Depending on your research question, this instruction set can be customized to reflect the types of goals you would like to elicit. For instance, we have specified time intervals using wording such as “a goal you would like to accomplish in the next six months” in addition to specifying other characteristics. The researcher also could choose the goal for the respondent, eliminating the need for the first instruction set. It is recommended that you *not* alter the second instruction set, because its wording is consistent with other scales tapping hope (e.g., Snyder et al., 1991).

You may use the GSHS for research purposes only, provided you cite the reference below appropriately. If you wish to use the GSHS for other purposes, including but not limited to clinical or commercial purposes, you must obtain the permission of its primary author. Please contact David Feldman at dbfeldman@scu.edu.

Scoring

Pathways Scale: Add items 1, 3, and 4.

Agency Scale: Add items 2, 5, and 6.

Total Goal-Specific Hope: Add all items.

Reference

Feldman, D. B., Rand, K. L., & Kahle-Wroblewski, K. (2009). Hope and goal attainment: Testing a basic prediction of hope theory. *Journal of Social and Clinical Psychology, 28*, 479-497.