

Survey Perception Factors

1) The **SIZE** of the **ACTIVITY**.

Not all activities you perform require the same amount of time, energy and resources to complete. Some activities are comparatively big and require large amounts of time, energy and resources, while others are quite small and require very little. SIZE ranges from a low of "0" to a high of "12." For each of the activities listed below, ask yourself, "On a scale of 0 to 12 -- with "0" being "tiny" and "12" being "huge" -- how big of a job does successfully performing this activity represent to me?" and select your answer from the drop down box located under the SIZE column.

2) Your **ABILITY** to perform the **ACTIVITY**.

ABILITY is made up of four CONCRETE elements: knowledge, skill, experience and physical resources. ABILITY ranges from a low of "0" to a high of "12." For each of the activities listed below, ask yourself, "On a scale of 0 to 12 -- with "0" being "absolutely clueless" and "12" being "totally masterful" -- how would I rate my ABILITY to successfully perform this activity?" and select your answer from the drop down box located under the ABILITY column.

3) The level of **CHALLENGE** the **ACTIVITY** presents to you.

Just because you have the ability to do something, doesn't mean it's going to be easy — and some activities are inherently far more difficult than others. CHALLENGE also ranges from a low of "0" to a high of "12." CHALLENGE is made up of ABSTRACT variables, such as emotions, predictions, hunches, instinct and intuition. For each of the activities listed below, ask yourself, "On a scale of 0 to 12 -- with "0" being "effortless" and "12" being "impossible" -- how would I rate the CHALLENGE I face in successfully performing this activity?" and select your answer from the drop down box located under the CHALLENGE column.

4) The level of **IMPORTANCE** the **ACTIVITY** holds for you.

IMPORTANCE reflects the priorities, preferences and deadlines associated with an activity. IMPORTANCE also ranges from a low of "0" to a high of "12." For each of the activities listed below, ask yourself, "On a scale of 0 to 12 -- with "0" being "insignificant" and "12" being "crucial" -- how would I rate the IMPORTANCE of successfully performing this activity?" and select your answer from the drop down box located under the IMPORTANCE column.

Keep these descriptions visible while you are completing the survey.

Don't overthink your ratings – the process should capture your first reaction.

