

Table 6.1. Progress Inventory¹

Identify a purpose you are pursuing: _____

Based on your perception of pursuing this purpose, indicate how OFTEN each statement describes who you are. Using a 1-5 scale where 1 is rarely and 5 is most of the time, write the appropriate number of points in the corresponding column. Sum all the numbers to get your Progress total. Don't over analyze; record your initial reaction to the statement.

Purpose I am pursuing:	Rarely or Never	Seldom	Some-times	Freq- uently	Most or All of the Time
Number of points per response in this column	1	2	3	4	5
1. Pursuing this purpose makes me feel good.					
2. I have choice in this pursuit.					
3. I feel competent.					
4. I have the energy to do what I need to do.					
5. I smile more than sigh.					
6. In comparison to my normal sleep patterns, I am sleeping well.					
7. I feel physically healthy and strong.					
8. I am making good progress.					
9. My time is spent on something worthwhile.					
10. Messages from people I trust and from life in general encourage me.					
Total points = _____					

Scoring

The maximum score possible is 50, as a result of giving yourself a 5 on every statement. The minimum is 10. What does the total score mean?

- 50-41 You are making great progress. Appreciate and keep it up!
- 40-31 There is forward movement and good indication that you are on track. Some modifications may be in order.
- 30-21 Progress is limited. There is a call for growth or change. It is time to make some adjustments.
- < 21 Immediate attention is needed. You may be stuck and at a pivotal point in this pursuit. Don't wait—start figuring out what you can do to change the situation now.

^{1 1} Taken from *Pursuit of Passionate Purpose: Success Strategies for a Rewarding Personal and Business Life* (Wiley 2005) by Theresa M. Szcurek, Ph.,D., p. 121. Visit www.PursuitofPassionatePurpose.com