

THOUGHT PATTERNS FOR A SUCCESSFUL CAREER®

Mastering the Attitude of Success™

SECTION 2: CORE COMPETENCIES

This Section contains the Core Algorithm of The Pacific Institute's curriculum.

- TPSC MAS Inventory Pre-Assessment
- Course Overview: I Am Ready for This!
- Unit 1: What Else Am I Leaving Out?
- Unit 2: How My Mind Works
- Unit 3: From My Toolbox: The Reticular Activating System
- Unit 4: The “Truth” is What We Believe It Is
- Unit 5: My Internal Conversation – 24/7/365
- Unit 6: What Can I Make Happen for Me?
- Unit 7: My Habits and Attitudes
- Unit 8: Comfort Zones
- Unit 9: Setting Benchmarks for My Future
- Unit 10: From My Toolbox: Change Made Easy
- Unit 11: Seeing Myself in the Future
- Unit 12: It's My Choice

The TPSC MAS Pre-and Post-Inventory is designed as a self-assessment to take before beginning, and after completing, this curriculum.

Read each statement carefully. Circle the response that best fits your judgement at the moment:

- SA = Strongly Agree
- A = Agree
- MA = Mildly Agree
- MD = Mildly Disagree
- D = Disagree
- SD = Strong Disagree

There are no right or wrong answers to the assessment. This is simply your perceptions of the questions being asked.

You are encouraged to take the pre-assessment before beginning Section 2, the Core of the curriculum. This provides you with a baseline from which to measure your growth. When you have completed this course, take the post-assessment, found at the end of Section 3 – the Extended Learning units.

By taking the five to eight minutes to complete the assessment, you have the opportunity to self-assess your perceptions of what you have learned from the concepts in this curriculum.

TPSC MAS PRE- AND POST-INVENTORY

TPSC MAS Inventory Pre-Assessment		Strongly Agree	Agree	Mildly Agree	Mildly Disagree	Disagree	Strongly Disagree
Please read each statement and circle the response that most accurately describes your beliefs and/or feelings.							
1.	When I enter a new situation, I typically see others as smarter than me.	SA	A	MA	MD	D	SD
2.	My past successes are due to luck.	SA	A	MA	MD	D	SD
3.	In order to achieve a goal, I need to know how I intend to make it happen when I start.	SA	A	MA	MD	D	SD
4.	When I get a good grade it is because I caused it.	SA	A	MA	MD	D	SD
5.	I have complete control of my attitude.	SA	A	MA	MD	D	SD
6.	I am accountable for the goals I set.	SA	A	MA	MD	D	SD
7.	Outside events have a great impact on my life.	SA	A	MA	MD	D	SD
8.	When I am "stuck in my ways," there is no changing me.	SA	A	MA	MD	D	SD
9.	My past successes are because of me.	SA	A	MA	MD	D	SD
10.	When I achieve a goal, it is because I was fortunate.	SA	A	MA	MD	D	SD
11.	I know how my self-talk impacts my attitude.	SA	A	MA	MD	D	SD
12.	I am responsible for my own beliefs.	SA	A	MA	MD	D	SD
13.	My happiness is increased when my goals are met.	SA	A	MA	MD	D	SD
14.	Goal setting is a waste of time.	SA	A	MA	MD	D	SD
15.	It is next to impossible for me to change habits that I have had over most of my lifetime.	SA	A	MA	MD	D	SD
16.	I know how to set goals.	SA	A	MA	MD	D	SD
17.	When I do the work, I can do well on most any assignment.	SA	A	MA	MD	D	SD
18.	I can "turn off" my self talk when it's negative.	SA	A	MA	MD	D	SD
19.	I know how to control my own self-talk	SA	A	MA	MD	D	SD
20.	Good things happen to me because I cause them.	SA	A	MA	MD	D	SD
21.	I have limited control over making changes in me.	SA	A	MA	MD	D	SD
22.	When I set my goals, I get a vivid picture of what I intend.	SA	A	MA	MD	D	SD
23.	I typically need others to solve my problems.	SA	A	MA	MD	D	SD
24.	Despite the attitudes of others around me, I decide my own attitude.	SA	A	MA	MD	D	SD
25.	I know how my self-talk impacts my feelings.	SA	A	MA	MD	D	SD
26.	I let negative past experiences influence my current decisions.	SA	A	MA	MD	D	SD
27.	I know the feeling of wanting something so badly that I can "taste" it.	SA	A	MA	MD	D	SD
28.	It is my choice to be whatever I want to be in life.	SA	A	MA	MD	D	SD
29.	I know how to set goals so that they will become reality.	SA	A	MA	MD	D	SD
30.	When I believe I can do something, I do it.	SA	A	MA	MD	D	SD
31.	If I get a poor grade on a test, it is mostly because of factors outside of my control.	SA	A	MA	MD	D	SD

32.	I let negative opinions from others affect me.	SA	A	MA	MD	D	SD
33.	When I fail to achieve a goal, it is my own fault.	SA	A	MA	MD	D	SD
34.	My negative self-talk leads to negative actions toward others.	SA	A	MA	MD	D	SD
35.	I am accountable for my own actions regardless of the situation.	SA	A	MA	MD	D	SD
36.	I typically picture what I want before I get it.	SA	A	MA	MD	D	SD
37.	When I set my mind to it, I make things happen.	SA	A	MA	MD	D	SD
38.	When I don't get support from others, I often give up on my goals.	SA	A	MA	MD	D	SD
39.	Changing a habit is up to me.	SA	A	MA	MD	D	SD
40.	I give up on my goals at some point, because I realize I am not capable.	SA	A	MA	MD	D	SD
41.	Due to past negative experiences, I don't have high expectations of doing well in my courses.	SA	A	MA	MD	D	SD
42.	Writing down my goals is a regular event for me.	SA	A	MA	MD	D	SD
43.	My current study habits are good enough to cause the grades I expect.	SA	A	MA	MD	D	SD
44.	I often picture or imagine what it will look like when I achieve my goals.	SA	A	MA	MD	D	SD
45.	Attending or Logging into my class is an important daily routine.	SA	A	MA	MD	D	SD
46.	I often think about what it will feel like when I accomplish my goals.	SA	A	MA	MD	D	SD
47.	Becoming comfortable in a new situation is within my control.	SA	A	MA	MD	D	SD
48.	When I make up my mind, I cannot be deterred.	SA	A	MA	MD	D	SD
49.	When a task is difficult for me, I tend to quit.	SA	A	MA	MD	D	SD
50.	When I feel out of place, I look to get out as fast as I can.	SA	A	MA	MD	D	SD
51.	When I want something, I make it happen.	SA	A	MA	MD	D	SD
52.	My attitude and the achievement of my goals are not related.	SA	A	MA	MD	D	SD
53.	It is not possible to change a belief.	SA	A	MA	MD	D	SD
54.	I am quick to find excuses when I give up on a goal.	SA	A	MA	MD	D	SD
55.	Most of my current responsibilities are things I choose to do.	SA	A	MA	MD	D	SD
56.	I review my goals on a daily basis.	SA	A	MA	MD	D	SD
57.	When I succeed, it is mostly because of me.	SA	A	MA	MD	D	SD
58.	I have accepted others' opinions of me as truth; they are currently holding me back.	SA	A	MA	MD	D	SD
59.	When I fail, it is typically due to factors outside of my control.	SA	A	MA	MD	D	SD
60.	I have experienced the feeling of having a goal become a part of me.	SA	A	MA	MD	D	SD

Assessment developed by Dr. Scott Fitzgibbon and Dr. Joe Pace

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