



IMPORTANCE; THE LINE

How **important** is it for me to reach the goal?

On a scale of 0 to 10, where 0 means 'Not at all' and 10 means "Very much"



✗ Please cross



CONFIDENCE; THE LINE

How **confident am I** that I can reach the goal?

On a scale of 0 to 10, where 0 means 'Not at all' and 10 means "Very much"



✗ Please cross

IMPORTANCE; THE LINE

✗ 7 or more:

Going for the goal is seen as attractive

✗ Less than about 7:

How can it be that I have put my cross at xx and no lower?

If I put my cross at xx, does that mean that reaching my goal is attractive?

What is needed to make it more attractive?

What might be a more attractive goal for me?

CONFIDENCE; THE LINE

✗ 7 or more:

Reaching the goal is seen as realistic

✗ Less than about 7:

How can it be that I have put my cross at xx and no lower?

If I put my cross at xx, does that mean I think that I can reach the goal?

What will help me be more confident about reaching my goal?

