

## Instructions and Items

Select the choice that is most true to you.

=(1) Never True, (2) Rarely True, (3) Often True, (4) Always True

I will keep working at difficult, boring tasks if I know they will help me get ahead later.

I think about how things might be in the future.

I make lists of things to do.

Before making a decision, I weigh the good vs. the bad.

I will give up my happiness now so that I can get what I want in the future.

I would rather save my money for a rainy day than spend it now on something fun.

I can see my life 10 years from now.

I usually think about the consequences before I do something.

## Items not included in the syntax

I live each day as if it's my last.

I tend to get caught up in the excitement of the moment.

The future is very vague and uncertain to me.

I make decisions on the spur of the moment.

I can't really plan for the future because things change so much.

I always seem to be doing things at the last minute.

I don't plan, I take each day as it is.

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