

Goal Readiness Assessment

A coaching tool for testing meaning, clarity, feasibility, readiness, and support before you commit.

Web version: <https://beyondpsychub.com/goal-readiness-assessment-coaching/>

Many goals fail before action begins. The problem is often not motivation alone; the goal may be vague, externally driven, poorly timed, too large, or unsupported by a realistic plan. This coaching assessment helps you test whether a goal is ready for action.

Important disclaimer

This assessment is for coaching, personal development, education, and self-help purposes only. It is not a medical, psychological, or psychiatric screening or diagnostic tool and cannot diagnose, rule out, or treat any condition. If your responses raise concerns about physical health, mental health, sleep, mood, anxiety, substance use, safety, or your ability to function, discuss your situation with a qualified medical or mental-health provider. Do not delay professional care because of a score on this assessment.

Choose One Goal

My goal

Rate Each Statement

Use a 1-5 scale: 1 = strongly disagree, 5 = strongly agree.

1	2	3	4	5
Strongly disagree	Disagree	Unsure/mixed	Agree	Strongly agree

Meaning

Statement	1	2	3	4	5	Score
1. This goal matters to me personally.						
2. I would still want this goal if nobody praised me for achieving it.						
3. The goal connects to one or more of my values.						
4. I can explain why this goal matters in one sentence.						

Clarity

Statement	1	2	3	4	5	Score
5. I know what 'done' would look like.						
6. I can identify the first three actions.						
7. I know the main deadline or review date.						
8. I can measure progress without relying only on mood or motivation.						

Reality

Statement	1	2	3	4	5	Score
9. The goal fits my current time and resources.						
10. I understand the main trade-offs involved.						
11. I am not depending on another person to change before I can act.						
12. I can make meaningful progress even if conditions are not perfect.						

Readiness

Statement	1	2	3	4	5	Score
13. I am willing to take the first action within seven days.						
14. I am prepared to tolerate some discomfort, uncertainty, or inconvenience.						
15. I know what habit or routine will need to change.						
16. I am willing to review the goal if new information appears.						

Support and Planning

Statement	1	2	3	4	5	Score
17. I know who or what can support me.						
18. I have identified my most likely obstacle.						
19. I have a backup plan for that obstacle.						
20. I know when I will review progress.						

Scoring

Add all 20 ratings. Total range: **20-100**.

Score	Coaching interpretation
80-100	The goal appears well formed. Move quickly into action and review.
60-79	The goal has a workable foundation but may need clarification in one or two areas.
40-59	Pause before adding more effort. Strengthen meaning, clarity, feasibility, or support.
20-39	The goal may be externally driven, unclear, or poorly timed. Reconsider the goal before pushing harder.

Important: These ranges are coaching prompts, not validated psychological cutoffs.

Find the Weakest Dimension

Dimension	Section score (4-20)	What needs strengthening?
Meaning		

Dimension	Section score (4-20)	What needs strengthening?
Clarity		
Reality		
Readiness		
Support and planning		

Turn the Goal Into an Action Plan

Outcome: What exactly am I trying to accomplish? _____

Why: Why does this matter? _____

First action: What can I do in under 30 minutes? _____

Calendar: When will I do it? _____

Obstacle: What is most likely to get in the way? _____

If-then plan: If ____ happens, then I will ____

Review date _____

Reality Check Questions

What am I saying yes to by choosing this goal? _____

What am I saying no to? _____

What would make this goal 20% easier? _____

What is the smallest version that still matters? _____

If I fail to act for two weeks, what will I change - the goal, the plan, or the environment? _____

Key Takeaways

- A strong goal is meaningful, clear, and feasible.
- Readiness is different from enthusiasm.
- Planning for obstacles is part of goal setting, not a sign of pessimism.

- Small first actions reduce the gap between intention and behaviour.
- Reviewing and adjusting a goal is a skill, not a failure.

References

- Wang G et al. Mental contrasting with implementation intentions and goal attainment
<https://pubmed.ncbi.nlm.nih.gov/34054628/>
- Koestner R et al. Self-concordance and implementation intentions
<https://pubmed.ncbi.nlm.nih.gov/12088128/>

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