

Proactive Competence Inventory

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To what extent do you possess the following skills? [1 not competent - 5 very competent]

- 1 Assessing future developments
- 2 Looking ahead
- 3 Recognizing signals that something might go wrong
- 4 Being open to other people's comments
- 5 Envisioning my personal opportunities and chances
- 6 Recognizing my personal limitations
- 7 Assessing my environment
- 8 Clearly indicating the things I want to accomplish
- 9 Translating my desires into plans
- 10 Making realistic plans
- 11 Asking other people for advice
- 12 Finding solutions
- 13 Thinking of alternatives when a solution proves ineffective
- 14 Actually seeing my plans through
- 15 Persevering
- 16 Seeking support when things get tough
- 17 Evaluating whether I accomplished the goal I wanted to reach
- 18 Considering the positive aspects of a setback
- 19 Learning from setbacks

20 Appreciating when something goes right

21 Rewarding myself when I have made progress in achieving my goal