

SAMPLE BOOK RESEARCH SURVEY

Getting Things Done!

1. Do you ever drag your feet when it comes to doing certain things (ie: school projects, applying to colleges, looking for a summer job, etc.) because you get “stuck” or aren’t sure how to move forward?

- Definitely...this happens a lot
- Sometimes...depends on what the task is
- Not Often...I don't have trouble crossing things off my list

2. If you answered "Definitely" or "Sometimes" to Question 1, what kinds of things do you find yourself procrastinating over or struggling to complete?

3. When it comes to working toward a goal, what are the kinds of things that get in your way from reaching it? (check all that apply)

- Don't have enough information
- Don't have enough time
- Don't have enough support
- Don't know how to break it down
- Fear of failure
- Fear of taking a big risk
- Not knowing whether I'll be successful or not
- I get distracted
- I lose interest
- I don't have a good strategy for goal setting and goal pursuing
- I get overwhelmed with how to get started
- I lose momentum if I have a setback or failure along the way

Other (please specify)

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4. What kinds of things do you wish you could pursue or accomplish, but feel like you don't know how to make them happen? (Write as many things as you like!)

5. If you absolutely knew with 100% certainty that you'd be successful, what HUGE dream would you pursue?

6. I'm looking to interview teen girls about how they've accomplished their goals, big and small, for a book. if you'd like to be interviewed, please type in your email address and I'll be in touch soon. Thank you!!

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