

Positive Future Self Scale – DRAFT Pilot as of September 16, 2019
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You may or may not have had time to think about your life when you attain your college degree four years or less from now – to really envision yourself living your life with your degree in hand. This set of questions asks you to think about your future. For each statement listed, please rate the following statement on a scale of 1 to 10 where 1 means that you strongly DISagree with the statement and 7 equals that you strongly agree with the statement. The number 4 represents that you neither agree nor disagree with the statement.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
1	2	3	4	5	6	7

1. I love the life that I envision myself living 4 years from now.
2. 4 years from now, I can easily envision myself happy in my career/vocation.
3. My vision for my life 4 years from now is one that I am excited about.
4. 4 years from now, I can easily envision myself experiencing positive health and well-being.
5. Achieving my vision for my life 4 years from now requires me to do the work that this University is inviting me to do.
6. 4 years from now, I can easily envision myself experiencing positive relationships with family and friends.
7. My vision for my life 4 years from now is in direct alignment with my core values.
8. 4 years from now, I can easily envision myself investing my time and money in the way that I would like to.
9. Achieving my vision for my life 4 years from now requires me to trust in my ability to make daily, mini positive goal-directed choices.
10. My vision for my life 4 years from now brings good to me and to others.
11. I know I will grow a lot as I enact my vision for my life 4 years from now.
12. I know my vision for my life 4 years from now may change as I learn and grow.
13. Achieving my vision for my life 4 years from now requires me to trust in my ability to learn from my mistakes.
14. I know how to positively pick myself up when I fail on my way to achieving my vision for my life 4 years from now.
15. I know how to healthfully respond to my fear as I make choices that lead me to enacting the vision I have for myself 4 years from now.