

Decision Focus 09 – Commitment to Follow Through

Instructions: For multiple choice questions, unless a question says, "Multiple answers allowed but not required", select the **BEST** of the available answers.

Name* _____

Email* _____

1. When you have a good list of alternatives, you should:
 - a. Do a reality check
 - b. Select the first one that satisfies your values
 - c. Build a weight and rate table
 - d. Build a decision tree
 - e. None of the above

2. When "A" happens, then the odds of seeing "B" change. This is called:
 - a. A dependent probability
 - b. An independent probability
 - c. A long shot
 - d. Confidence rating

3. A good decision:

*****Multiple answers allowed but not required

- a. Makes sense
- b. Feels wrong sometimes
- c. Feels right
- d. Doesn't always make sense
- e. Gives you more confidence

4. A Decision Tree is used to:
- a. List the possible choices
 - b. Show all the possible outcomes
 - c. Calculate the odds of each approach
 - d. Determine the best choice
 - e. All of the above

5. Commitment to follow through means:

*****Multiple answers allowed but not required

- a. That we are ready to overcome obstacles
- b. We will actually go after our goals
- c. We will work to address our fears of failing
- d. Overcoming inertia is easy
- e. All of the above

6. Inertia means:

*****Multiple answers allowed but not required

- a. A body in motion tends to remain in motion
- b. Getting started takes effort
- c. Doing the same old thing and staying in a routine
- d. Being too tired to continue
- e. Wearing out

7. Fear can show up to keep you moving forward. Some fears that take commitment to overcome are:

*****Multiple answers allowed but not required

- a. Failure
- b. Heights
- c. Spiders
- d. Unknown
- e. What others might think

8. When we develop S.M.A.R.T. goals, they are:

List all 5 answers

- a.
- b.
- c.
- d.
- e.

9. List 3 good tactics to help your commitment to follow through.

- a.
- b.
- c.

10. Extra credit. 3 rattlesnakes were sunning on a warm rock. Two of them decided to leave.
How many were left?

Educators Workbook

Answers are given in **bold**.

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 1. Do a reality check
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 4. Build a decision tree
 5. None of the above

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 2. An independent probability
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3. A good decision:

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 2. Feels wrong sometimes
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1. **That we are ready to overcome obstacles**
2. **We will actually go after our goals**
3. **We will work to address our fears of failing**
4. Overcoming inertia is easy
5. All of the above

6. Inertia means:

*****Multiple answers allowed but not required

1. A body in motion tends to remain in motion (**true but not the meaning in this case**)
2. **Getting started takes effort**
3. **Doing the same old thing and staying in a routine**
4. Being too tired to continue
5. Wearing out

7. Fear can show up to keep you moving forward. Some fears that take commitment to overcome are:

*****Multiple answers allowed but not required

1. **Failure**
2. Heights
3. Spiders
4. **Unknown**
5. **What others might think**

8. When we develop S.M.A.R.T. goals, they are:

List all 5 answers

1. **Specific**
2. **Measurable**
3. **Achievable**
4. **Realistic**
5. **Time-sensitive**

9. List 3 good tactics to help your commitment to follow through. **Here are some examples**

1. **SMART goals**
2. **Set aside time to work on it**
3. **Develop a plan**
4. **Break down the goals to small steps**
5. **Communicate your plan to others**
6. **Measure progress**
7. **Reward yourself for success along the way**
8. **Allow for flexibility with small penalties for a Single missed target**
9. **Compete with others**
10. **Be very clear about why you are going after this goal**

10. Extra credit. 3 rattlesnakes were sunning on a warm rock. Two of them decided to leave.
How many were left?

Answer: **All 3 rattlesnakes were left because they didn't commit to follow through**