

BETTER THINKING



FAST FOCUS QUALITY COMPARISON SURVEY

| | |
|-----------|-----------|
| Name: | Gender: |
| Email: | Age: |
| Location: | Vocation: |

For each item identified below, circle the number to the right that best fits your judgment of its quality. Use the scale above to select the quality number.

| Date: | Scale | | | | | Date: | Scale | | | | |
|---|------------------|------------------|---|---|---|-----------------------|------------------|------------------|---|---|---|
| | P o o r | G o o d | | | E x c e l l e n t | | P o o r | G o o d | | | E x c e l l e n t |
| Overall Focus Success | 1 | 2 | 3 | 4 | 5 | Overall Focus Success | 1 | 2 | 3 | 4 | 5 |
| How 'in charge' of these are you? Consider these areas: | | | | | | | | | | | |
| Feelings | 1 | 2 | 3 | 4 | 5 | Feelings | 1 | 2 | 3 | 4 | 5 |
| Actions | 1 | 2 | 3 | 4 | 5 | Actions | 1 | 2 | 3 | 4 | 5 |
| Speech | 1 | 2 | 3 | 4 | 5 | Speech | 1 | 2 | 3 | 4 | 5 |
| Thoughts | 1 | 2 | 3 | 4 | 5 | Thoughts | 1 | 2 | 3 | 4 | 5 |
| How well are you doing with your goals? Consider these areas: | | | | | | | | | | | |
| Fine detail | 1 | 2 | 3 | 4 | 5 | Fine detail | 1 | 2 | 3 | 4 | 5 |
| Outcome | 1 | 2 | 3 | 4 | 5 | Outcome | 1 | 2 | 3 | 4 | 5 |
| Components | 1 | 2 | 3 | 4 | 5 | Components | 1 | 2 | 3 | 4 | 5 |
| Universal effects | 1 | 2 | 3 | 4 | 5 | Universal effects | 1 | 2 | 3 | 4 | 5 |
| Set goal | 1 | 2 | 3 | 4 | 5 | Set goal | 1 | 2 | 3 | 4 | 5 |
| | | | | | | | | | | | |
| Total: | | | | | | Total: | | | | | |

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Thank you for your participation, may your success be great.