Personal Growth Initiative Scale (PGIS)

By Christine Robitschek, Ph.D.

Using the scale below, circle the number which best describes the extent to which you agree or disagree with each statement.

1 = Definitely disagree
2 = Mostly disagree
3 = Somewhat disagree
4 = Somewhat agree
5 = Mostly agree
6 = Definitely agree

1. I know how to change specific things that I want to change in my life.
2. I have a good sense of where I am headed in my life.
3. If I want to change something in my life, I initiate the transition process.
4. I can choose the role that I want to have in a group.
5. I know what I need to do to get started toward reaching my goals.
6. I have a specific action plan to help me reach my goals.
7. I take charge of my life.
8. I know what my unique contribution to the world might be.
9. I have a plan for making my life more balanced.