

Basic PSA Worksheet©

(Individual)

This Worksheet makes it easy to map out what you want your life to be like. Make a copy of this Worksheet – and write on it. Save the original. Writing your answers in green makes them easier to see. Or pick a color that you like better.

Even though Dr. Knolle has the copyright for this Worksheet© she gives you permission to email it to anyone that you want to email it to. If you email it to friends, you and they might enjoy discussing what each of you wrote. Brainstorming is very powerful. Who knows what you will come up with? Go for it!

Here's an Aid: At www.best-personality-test.com - where this Worksheet came from - on the Home Page, go to Case Studies. Read a Case Study that you like. In that Case Study you will find one or more Personality Strengths Assessments (PSAs)©. Print out a PSA© for a guy and a gal. Of course, you can print out PSAs© from more than one Case Study – as many as you want to print out.

Here's a Thought: If you don't want to answer all of these questions today, ok. No pressure. If you start feeling overwhelmed – definitely STOP! Answer them later. And some of your answers may be different in 1, 5, 10 and 20 years from what they are today. OK. Actually, people who select new opportunities that are better than the old ones do tend to answer these questions differently across the years. Our needs change, and so do our opportunities. That's another reason to save the original of this Worksheet©.

1. Who do I know that has the kind of life that I want? What about how s/he manages his/her life impresses me. (Think of one for each sex.)

2. I am thinking about my parents' lives. And my stepparents' lives. What personality strengths do they have that I may have, too? Which ones came from my dad? Which ones came from my mom? If I have a stepdad, which ones came from my stepdad? If I have a stepmom, which ones came from my stepmom?

To see people's personality strengths: Go to Case Studies on the Home Page, open a Case Study and print out a "Test Results" – which is a PSAs©.

3. Which of my personality strengths are completely different from my dad? From my mom? From my stepdad? From my stepmom?

4. While I was growing up: What coping strategies, temperament strengths, and values did my friends and I have in common?

5. What coping strategies, temperament strengths, and values do I like most about myself (Guess what they are before you get your PSA©.)

6. What coping strategies, temperament strengths, and values do I want my friends to have today? Which ones are the same as those in 4.? Which ones are different?

7. Am I ready to commit to having a relationship with a life partner?

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8. If I answered 7. "No" what is behind that answer?
9. If I answered 7. "Yes" what is behind that answer?
10. Do I want to have children? Why?
11. How many children do I want to have? Why?
12. How important is it that I have a college degree?
13. How important is it that I get an additional college degree?
14. Do I want to work?
15. If I do not want to work outside of the home what do I want my unique contribution to be?
16. What must I do to get along with my family?
17. About religion and spirituality: What is important to me here?
 - A. Do I believe in a Supreme Being? On a scale of 1-10 how important is this to me?
 - B. Do I want to treat other people like I want to be treated? On a scale of 1-10 how important is this to me?
18. About politics: What is important to me here? On a scale of 1-10 how important is this to me?
19. About money: What have I learned about money in my family?

What do I need when it comes to...

20. Saving money?
21. Spending money?
22. Borrowing money?
23. Do I like conservative, moderate, or high risk/high reward investments? To learn more about what your risk tolerance for investments is, go to www.sorttest.com.
24. How important is it to me that someone listens to me?
 - A. What do I do if I feel like someone is not listening to me?
 - B. What do I feel if someone tells me that I am not listening to him/her?
 - C. Do I think that not listening to each other could cause issues in a relationship? At school? At work? Anywhere else?

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25. What process do I want to use to make decisions?
 - A. When making a decision with another person, what kinds of decisions do I think should require two (or more) votes?
 - B. Who else's thoughts should I consider?
 - C. What other factors should I consider?
 - D. Do I think that how two (or more) people make decisions can cause issues in their relationships? At school? At work? Anywhere else?

26. Do I have any trust issues in personal relationships? In school relationships? In work relationships? In relationships anywhere else? If so, do I want to clear them up? If I have trust issues anywhere and I do not clear them up now what do I think will happen?

27. Do I have any loyalty issues in personal relationships? In school relationships? In work relationships? In relationships anywhere else? If so, do I want to clear them up? If I have loyalty issues anywhere and I do not clear them up now what do I think will happen?

28. Do I want to work internationally?

29. Do I want to travel internationally?

30. Do I want to learn a foreign language?

31. Do I want to learn more than one foreign language?

32. Do I want to own my own home?

33. Do I want to own a second home? Do I want to own more than two homes?

34. Do I want to work for a corporation, the government, or a nonprofit?

35. Do I want to own my own business?

36. Do I want to work outside of the home until retirement?

37. If I want to work outside of the home, at what age do I want to retire?

38. What do I want to do after I retire? Let's apply "Begin with the end in mind" from *Seven Habits of Highly Successful People* and visualize your best retirement right now.

39. If I do not want to work outside of the home in another way after retirement, what do I want to do? Why?

40. What else do I want to consider right now?

Enjoy planning your life. Go for it!

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Now is a good time to read the Case Study, “Plan My Life”. You see how Matt and Linda use their personality strengths his/her best life.

Return to the [Home Page](#) of the website, then go to Case Studies. Under “Personal Goals” click “Plan My Life.” Skip the list of questions that you just filled out. Scroll down to “Matt and Linda filled out the Basic PSA Worksheets...”

Note: The website is located at <http://www.best-personality-test.com>

On the Home Page when you click Case Studies, you will have these Case Study Options. Given what your Professional Goals and Personal Goals are now, which ones would you like to read now?

Professional Goals©

1. Select My Career©
2. Get a Promotion©
3. Get a College Degree©
4. Negotiate Job Offers©
5. Get a Second College Degree©
6. Get a Job after a Divorce©
7. Start a Business or Buy a Business©
8. Do Management Development©
9. Increase Profits to Sell a Business©
10. Do Business Succession Planning©
11. Enjoy Retirement from My Business©

Personal Goals©

1. Select a Life Partner©
2. Plan My Life with My Life Partner©
3. Strengthen Our Marriage©
4. Ask, “Do we need a divorce?”©
5. Get a Litigated, Collaborative, or Cooperative Divorce©
6. Adjust to Divorce and Co-parenting©
7. Find a New Life Partner©

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8. Adjust to Being in a Stepfamily©

9. Plan for Retirement©

10. Enjoy My Retirement©

You might be thinking, “I may not want to know my personality strengths – what if I don’t like them?” You will like some of them but you may not like all of them. OK. That happens to all of us.

Clark loves Marisa. But when he thinks of spending the rest of his life with her...he wants her to know what she does that hurts and offends him. Since she hurts and offends him, she probably hurts and offends others, too – at school, at work, or anywhere.

He gets that she does not even realize what she does that hurts and offends people. If she knows what she does she can stop doing that. If she does not even know...

He decides to tell her. How does he do that? At the www.best-personality-test.com Home Page go to Select Life Partner and click The Pink Tank to find out how Clark tells Marisa.